Tuesday, Sept 3, 2013

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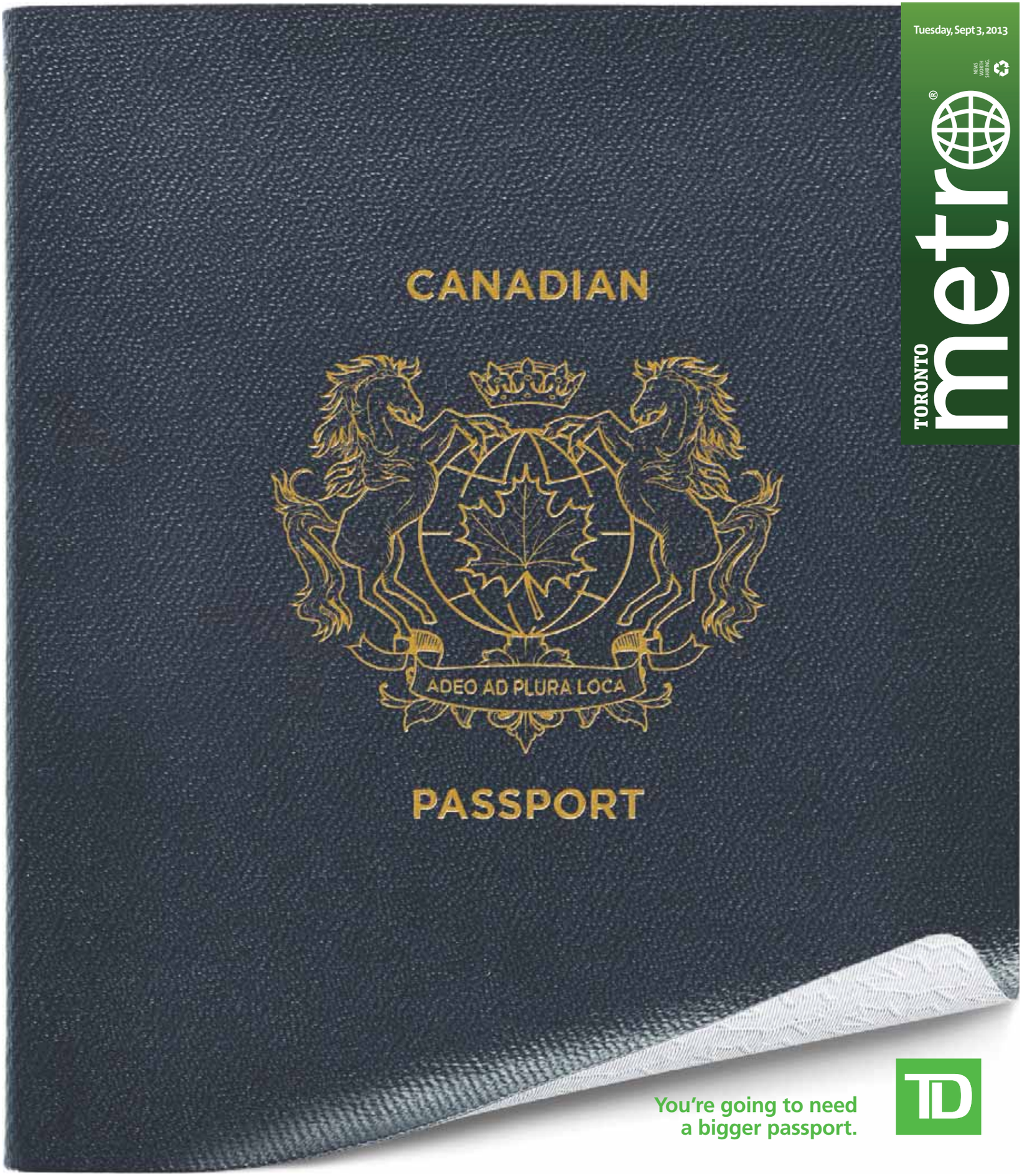

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RIDDICK-ULOUS HE'S NOT

VIN DIESEL CONTINUES TO PROVE HE KNOWS WHAT HE'S DOING BY GIVING AUDIENCES WHAT THEY WANT

PAGE 17

This boy won't cry or live a lie

An 11-year-old transgender child doesn't hide from his classmates the fact that he was born a girl PAGE 10

What, not even a phone call? Verizon dumps Canada

But other wireless foreigners may still find us attractive PAGE 14

Roger Federer frustrated with himself

Tennis champ says he 'self-destructed' in Monday night's match at the U.S. Open PAGE 34

NEWS WORTH SHARING.

Mayor's office stalls on records

Freedom of information.
Requests for ex-staffers' correspondence delayed months despite firm disclosure rules

Mayor Rob Ford's office has been slow in turning over email and telephone records — so slow that despite three months of relentless pestering by city freedom-of-information staff the first records have just been handed over for processing.

"Nothing in June or July, nothing received until yesterday," city spokeswoman Deb Brown said Friday.

The delay in complying with freedom-of-information requests means that it will be weeks or months more before any records are made public.

Overdue

40

Two of the requests are more than 40 days overdue. One has exceeded 30 days.

Torstar News Service is seeking records from key staffers in Ford's office to shed light on the controversy surrounding the mayor who was seen on video by two Toronto Star reporters and the editor of Gawker smoking what appears to be crack cocaine and making racial and homophobic slurs.

Ford's office was asked by reporters in early June to release email and other records maintained by Ford staffers, who either resigned or were fired during the crack cocaine video scandal.

City freedom-of-information staff "have just started to go through them," Brown said. "The records are coming and coming really slow."

Torstar News Service has found this is a pattern, not just with these records but with most records requested this spring and summer from Ford's office. On three of Torstar's relatively benign requests — about a public-works project, a neighbourhood dispute, and a city hall event early in his mayoral term — his staff have not only missed the legislated 30-day response deadline but had very little communication with the city freedom-of-information office that is responsible for gathering public records.

The mayor's office did not respond to requests for an interview on this matter.

Provincial freedom-of-information legislation requires public bodies like the mayor's office to make public most information created by officials in the course of regular business. TORSTAR NEWS SERVICE

SHE NEVER GAVE UP

Diana Nyad, the first swimmer to cross the Florida Straits without the security of a shark cage, manages a smile for a young admirer on Monday while receiving medical treatment. Nyad, 64, completed a 177-kilometre swim from Cuba to Key West, Fla. Her doctor said she is recovering from sunburn and dehydration but is essentially "very healthy." Story, page 11. AFP PHOTO/GETTY IMAGES

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Family grieving after teen dies in shooting

Weston Road. 16-year-old has been identified by his family after being killed Sunday

Yusuf Tifow
PHOTO COURTESY OF THE FAMILY

Yusuf Tifow, 16, was shot and killed late Sunday night in a Weston Road apartment complex, becoming the seventh youth aged 15 or 16 to die by gun violence in the city this year.

The Scarlett Road apartment where Yusuf lived with his mom saw a steady stream of friends and family coming to mourn his death Monday morning.

"He was a nice boy, a bright boy," said his aunt, Maria Yusuf, outside the family's apartment. She said he loved to play basketball.

Mourners described a quiet young man who would help residents in the apartment complex by watching their kids until the school bus came.

"I can't believe it still," his aunt said through tears.

Yusuf, who celebrated his 16th birthday in August, grew up in the Scarlett Road building with his mother and four brothers. A family friend, who did not want to be named, said they have no idea why he was at the Weston Road building where he was killed.

Emergency crews were called to the 19th floor of 2240 Weston Rd., north of Lawrence Ave. W, just before midnight Sunday. The building where the teen was found is located within view of his family home, on the other side of the Humber River.

The teen was without vital signs at the scene, and was pronounced dead at Sunnybrook Trauma Centre.

Police set up a perimeter around the building Monday while forensic crews gathered evidence throughout the day. No arrests have been made.

Patricia Fernandes lives on the 15th floor of the building. She said she heard a loud argument late Sunday night, but fell asleep before midnight. She said there are frequently loud arguments in the building or on the street.

"He was his mom's best friend," said a family friend. She said the boy was affectionately called "his mom's purse" because they were inseparable. **TORSTAR NEWS SERVICE**

March to beat of a different union

Union members flooded the streets of Toronto Monday in a spirited Labour Day celebration emboldened by the birth of the country's biggest union for private-sector workers, Unifor. Thousands of workers stretched for more than 12 blocks in a parade peppered with steel drum bands, labour flags and banners. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Sauerkraut or bust

Hawaii's chef Philip Aiona, right, prepares his winning dish during the International Iron Chef finale at the Hot and Spicy Festival at Harbourfront Centre on Sunday. His beef carpaccio best showcased the day's secret ingredient — sauerkraut. PHOTO COURTESY OF HARBOURFRONT CENTRE

'Doored' bike cop wants police to track incidents

When Jeff Taylor was hit by a car door while riding his bike in June, his fall was cushioned by a bulletproof vest.

Taylor is about the last person you want to door: he's a bike cop in 13 Division.

Like many urban riders, he felt the sting of a "door prize" — when a car abruptly opens its door and hits a cyclist.

Unlike the force he has served on for more than 20 years, Taylor thinks police should track the crashes.

On Aug. 8, he sent a strongly worded email to the Toronto Police Services Board, arguing against the force's policy.

"I believe these incidents should be tracked," he wrote. "They are a very serious threat to all cyclists."

Toronto police stopped tracking dooring in 2012 after the province redefined "collisions" as involving vehicles in motion. Between 2007 and 2011, an average of 144 dooring incidents annually were reported in Toronto.

Taylor could not be reached for comment. 13 Division said he was on sick leave, then said he was on vacation.

On June 24, according to his email to the board, Taylor was on patrol when a car door swung open. "I had absolutely no chance to avoid striking the door," he wrote. He fell and an ambulance came and took him to hospital. He was diagnosed with a fractured sternum. **TORSTAR NEWS SERVICE**

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Putting The F Word in TIFF

Rising Star. Ontario actress Megan Park co-stars with Daniel Radcliffe in new romantic comedy

Megan Park was acting before she even realized she was acting.

When she was five, she was obsessed with all things Laura Ingalls Wilder. She was the only kid wearing a bonnet and pioneer dress in her school picture.

Then she realized she could play characters onstage instead of in her real life. She's ditched the bonnet but hasn't stopped acting since.

Park, originally from London, Ont., stars in The F Word, a romantic comedy about a guy and girl stuck in the dreaded "friend zone." Starring Daniel Radcliffe and Zoe Kazan, the film will have its world premiere at the Toronto International Film Festival on Sept. 7 at 9 p.m. in the Ryerson Theatre.

The 27-year-old actress has also been selected as one of TIFF's Rising Stars, which means Park and three other up-and-comers — Èvelyne Brochu, Cara Gee and Johnathan Sousa — will take part in an industry boot camp during the festival.

They'll have private meetings and professional development sessions with casting directors, producers and filmmakers from all over the world. They'll also be "front row centre" at some of the biggest events and red carpet premieres.

The four young actors all have main roles in movies screening at TIFF and are deemed the "next generation of Canadian actors poised for international careers."

Past Rising Stars in the program's three-year history include Orphan Black star Tatiana Maslany and Sarah Gadon, who appears in The F Word with Park.

"I totally did not think I was going to get it. I applied on a whim," Park said in a phone call from Los Angeles, where she lives full-time.

Her big break came in 2007 when she scored the role of Grace Bowman, a devout Christian who tries to navigate a sex-crazed high school on ABC Family's The Secret Life of the American Teenager. The show premiered in 2008 and lasted for five seasons, ending this June.

Megan Park from London, Ont., has been selected as one of TIFF's Rising Stars. She'll take part in an intensive industry boot camp while also promoting the world premiere of The F Word. KARISSA DONKIN/TORSTAR NEWS SERVICE

During the show, Secret Life creator Brenda Hampton realized Park was good at nailing funny lines and started giving her more opportunities to show her comedic chops.

When Secret Life finished shooting in December, Park decided she wouldn't take on a new project just for the sake of booking something. She promised herself she would only take comedic roles.

"I think it's what I'm meant to do. I really, really like it."

Her decision to focus on comedy also led her to The F Word, which has no shortage of witty banter between Park's character, Dalia, and onscreen sister Chantry, played by Kazan. Both find themselves drawn to Wallace (Radcliffe), but Dalia is more jaded and sarcastic than her sister.

Canadian director Michael Dowse allowed the cast to film scripted takes of a scene and then switch to improv.

"I never wanted to leave work! I was so creatively stimulated and on cloud nine." TORSTAR NEWS SERVICE

Hollywood North

- Filmed and set in Toronto, Megan Park said it's fitting that The F Word will premiere at TIFF. It will be Park's first time at the festival and when asked who she's most excited to see, she gives a very Canadian answer.
- "If I saw Sarah Polley anywhere, I would be pretty excited if I got the opportunity to talk to her. I obviously watched her for years growing up on Road to Avonlea."

Woman raises $1,000 to get Lucky from Thailand

Lucky the dog cozies up to Sherin Peace, the woman who nursed him back to health in Phuket, Thailand. TORSTAR NEWS SERVICE

Lucky the dog is getting ready to fly to Toronto from Thailand, and it's going to cost $1,000.

Dog lovers contributed to a Facebook fundraising campaign for the dog which two months ago was stuffed in a chicken crate on a transport truck, destined for the dog meat trade. Thornhill resident Agnes Poleszczuk, who is adopting Lucky, is one of many dog lovers in Canada, the U.S., the U.K. and other countries who are choosing to adopt dogs from abroad over local pooches in need of a home.

It's a dog get eaten world out there

"(There's the) very real threat that they face every day of being smuggled across the border and being skinned alive or boiled alive or beaten."

Agnes Poleszczuk, dog adopter

While Toronto doesn't have the dog overpopulation it did 20 years ago, there are still dogs in the city, as well as other parts of Canada, that need homes, said Mary Lou Leiher with Toronto Animal Services program.

"Torontonians love to adopt shelter dogs," said Leiher, adding that the demand for shelter dogs exceeds the supply at Toronto Animal Services. "That's why many people turn to other sources."

While Poleszczuk acknowledges local adoption is "a wonderful thing to do," she said dogs like Lucky are needy because they're less likely to be adopted and their lives are at risk. TORSTAR NEWS SERVICE

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Fire at beloved market stuns residents

Building lost. Officials have yet to determine cause of blaze at popular St. Jacobs hub

Residents were reeling after a major blaze at St. Jacobs Market outside Waterloo gutted the main building overnight.

The market has been a popular attraction for both locals and tourists. Dozens of shocked residents turned out to the market Monday to witness the damage, which could top $2 million.

"My wife and I have lots of memories of the market — it's been here as long as we have," said Tony White, who has lived in the area for 27 years.

"I would go there every Thursday morning after doing a night shift (at Home Hardware), grab a coffee and get fresh vegetables. We also used to bring our kids down here years ago too, and treat them to the amazing apple fritters."

The fire has put lots of people's livelihoods at risk — not just the farmers, but those who sold clothes, antiques, candles and stained glass there.

Waterloo firefighters got the call around 2 a.m. According to Deputy Chief Dale Martin, the building that burned down did not contain any livestock.

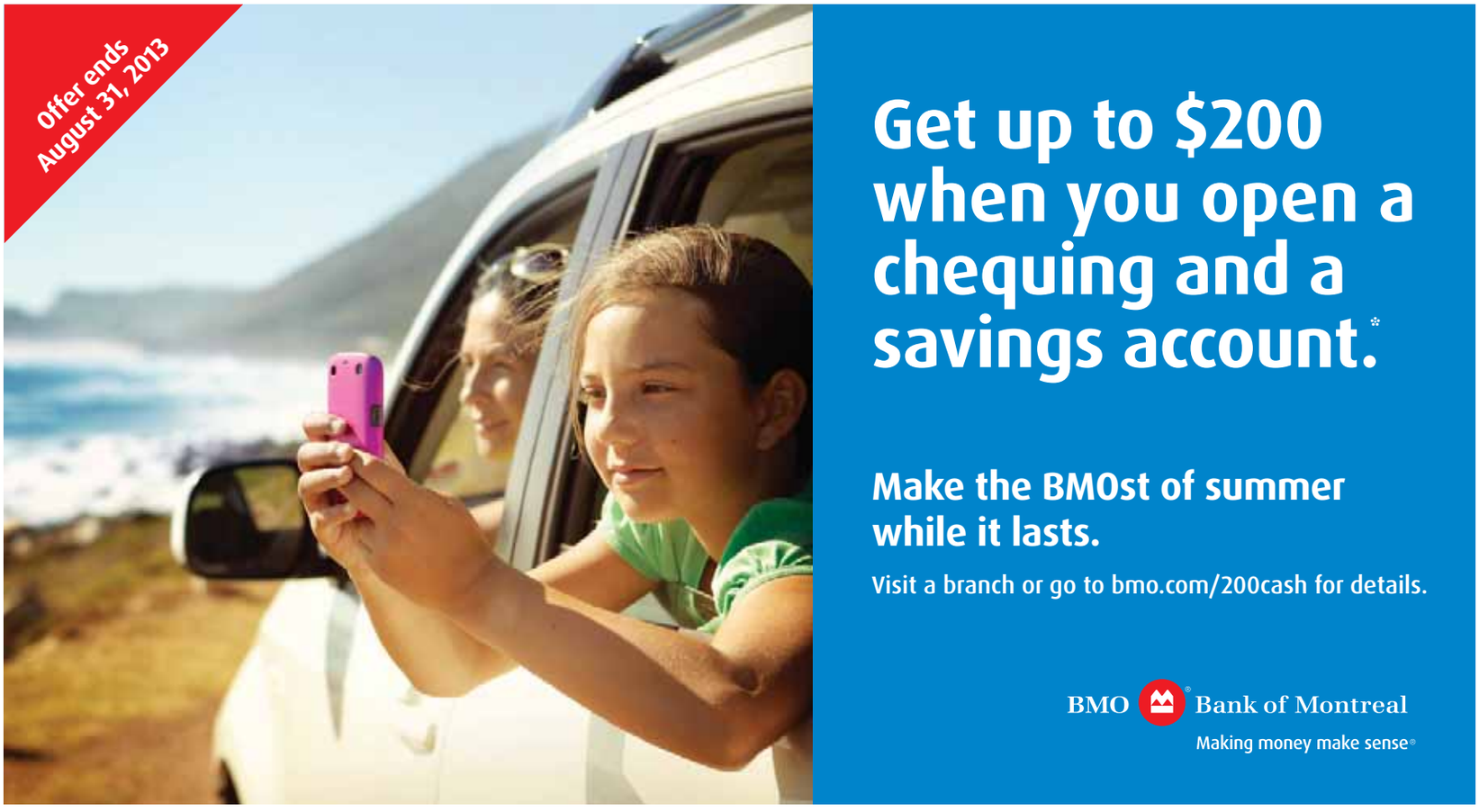
"All the livestock are not in that building, it's (only) food vendors," said Martin. "We're very lucky that the wind was going the opposite way toward the livestock building."

There was no word of any injuries, and Martin said that the estimated cost of the damage will be around $2 million.

"It's going to be well over a million," he said, adding that there were a number of expensive refrigerating, cooling and air-conditioning units in the building. "It's going to add up pretty quickly."

THE CANADIAN PRESS

Firefighters hose down the ruins of what was the main building at the St. Jacobs Market, outside Waterloo, Monday. TORSTAR NEWS SERVICE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A man in his underwear clings to the 23rd-floor window ledge of an apartment building on Charles near Jarvis Street on Sunday, in what police suspect was a drug-induced haze. RORY MOY/FOR METRO

Man who clung to building ledge recuperating

A man was taken to hospital after he climbed out onto the window ledge of an apartment building Sunday afternoon in what police suspect was a drug-induced haze.

Wearing only his underwear, the man, in his 30s, climbed out from a 23rd-storey apartment in a building on Charles Street East near Jarvis Street just before 1 p.m.

Quoted

"He's conscious, yes. Does he fully understand what he did? I'm not sure if that's the case yet."

Toronto police Staff Sgt. Dan Crosby

"The drugs were making him think something was going on in the apartment building that wasn't actually happening," Toronto police Staff Sgt. Dan Crosby said. "Either the apartment was on fire, he was trying to escape, something of that nature."

Crosby said police suspect the man was high on methamphetamine.

Police went up to an nearby apartment with a balcony and talked the man off the ledge and into that apartment.

He was taken to hospital where he's being held until the drugs leave his system.

TORSTAR NEWS SERVICE

Kaboom. Meteor strike in Quebec altered the fate of the Earth, paper argues

Somewhere under the bedrock of southern Quebec lie the ancient, undiscovered traces of an enormous meteor strike so catastrophic that it helped set the course of human history.

At least, so argues Dartmouth University geochemist Mukul Sharma in a new paper.

Sharma studies the Younger Dryas, a period about 13,000 years ago when the Earth suddenly reversed a warming trend and cooled radically for more than a millennium.

North American ice-age mammals from camels and ground sloths to sabre-tooth tigers became extinct. Humans had to learn to survive on roots, berries and small game — and maybe even shift to agriculture.

Some scientists hypothesize it was related to the collapse of a giant ice dam formed by receding glaciers, which released a huge flood of cold freshwater that disrupted ocean currents. Others suggest something else must have been at work as well.

North American ice-age mammals, such as the sabre-tooth tiger, became extinct in the Younger Dryas period. PETER MACDIARMID/GETTY IMAGES FILE

Sharma and his colleagues examined marble-like rocks found in Pennsylvania and New Jersey that date right from the start of the Dryas period. These "spherules" can only be made through extraordinary heat.

What's more, Sharma found the spherules weren't local — they closely matched those from areas in southern Quebec.

Sharma believes he has discovered evidence of a huge meteor strike that hurled rubble over a good chunk of the continent.

THE CANADIAN PRESS

Saguenay, Que.

Blood likely used to deface mosque

Police in Quebec's Saguenay region have been called in after a mosque was vandalized over the weekend — spattered with what could be pig blood.

Representatives of the area's small Muslim community say they believe it to be an isolated incident.

"All it takes is one or two stupid people for something like this to happen," agreed Mayor Jean Tremblay. THE CANADIAN PRESS

'Freeman' to some, an outlaw to others

'Sovereign citizen' movement. Authorities warn against those who flout government, laws

Brian Alexander, of Kamloops, B.C., is a self-proclaimed Freeman-on-the-Land and one of a growing number of Canadians following the so-called "sovereign citizen" or "Natural Persons" movement. DARRYL DYCK/THE CANADIAN PRESS

He introduces himself as Brian Arthur of the Alexander family. He drives without a licence and does not pay income tax.

Brian Alexander is a self-proclaimed Freeman-on-the-Land and one of a growing number of Canadians who have "freed" themselves from what they see as an overbearing government.

"People can't afford to live, and they're basically destroying society," Alexander says at his home in Kamloops, B.C.

He speaks about the plight soldiers have faced upon their return from Afghanistan and about the ailing environment.

Alexander says violence has no place in the movement, but one official who has followed the rise of Freemen in Canada says there have been a number of confrontations during traffic stops or legal proceedings.

"What we've seen over the last year is ... an increasing level of desperation," says Ron Usher, of the Society of B.C. Notaries. "People just don't like the idea that someone isn't going to help them with their fantasy."

The Law Society of B.C. and B.C. Notaries have both issued warnings about Freemen, which the law society said in a bulletin last year may number as many as 30,000 in Canada.

"Since one of the tenets of the ... movement is an unrestricted right to possess and use firearms, they raise significant safety and security concerns," the bulletin says.

Law-enforcement agencies are developing awareness materials for frontline officers.

THE CANADIAN PRESS

Freemen in action

Dozens of sovereign citizens have found themselves facing tax evasion, contempt or criminal charges.

- **In the U.S.,** the FBI considers the movement a domestic terror threat, and a 2011 FBI report cites several clashes with police.
- **In Canada,** the "Sovereign Squamish Government" claims to distribute its own licence plates, and one Ontario Freeman is using an online video to recruit his own police force.

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919 Bay St.
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45 Overlea Blvd.
Oriental Centre Mall
1448 Lawrence Ave. E
10 Clock Tower Rd., Unit B1A
1118 Finch Ave. W, Unit 1
6236 Yonge St.
3850 Sheppard Ave.
280 Spadina Ave.
4438 Sheppard Ave. W, Unit 151
900 Dufferin St., Kiosk 4010
1000 Gerrard St. E, Unit K2
618 Sheppard Ave. W
6758 Kingston Rd., Unit 12
730 Danforth Ave.
333 Bloor St. E
2120 Queen St. E
8 Wellesley St. E
1965-1971 Yonge St., Unit A
120 Front St. E
660 Eglinton Ave., Unit 104
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Obama admin. must sell strategy to win backing on Syria: Republicans

U.S. Congress. Sen. John McCain says U.S. intervention will be tricky because Bashar Assad 'is moving his forces around'

Two Republican foreign-policy hawks say U.S. President Barack Obama must make a strong case for attacking Bashar Assad's Syria if he wants to win congressional backing for the operation.

Sen. John McCain told reporters at the White House that Obama's intervention now will be more difficult because Assad "is moving his forces around." Both McCain and Sen. Lindsey Graham questioned the wisdom of the administration publicly signalling in advance its intention to strike.

The Republican senators, who often speak with the same voice on foreign affairs, talked in the White House driveway on Monday after a private meeting with Obama.

McCain said he believes lawmakers awaiting a critical vote on Syria "must be assured that this is different from the past two years of neglect" on the part of the administration.

On Saturday, Obama stunned the world when he opted against immediate action in Syria despite the administration's insistence that Assad had gassed his own people, killing almost 1,500 citizens in a Damascus suburb on Aug. 21. THE ASSOCIATED PRESS/WITH FILES FROM THE CANADIAN PRESS

Members of pro-Kremlin parties picket against possible U.S. military action against Syria near the U.S. Consulate in St. Petersburg, Russia, on Monday. The banner reads "Hands off Syria." DMITRY LOVETSKY/THE ASSOCIATED PRESS

'Balanced stance'

From Russia with... talks?

President Vladimir Putin proposed on Monday to send a delegation of Russian lawmakers to the United States to discuss the situation in Syria with members of Congress. Two senior Russian legislators suggested that to Putin, saying polls have shown little support among Americans for armed intervention in Syria to punish its regime for an alleged chemical weapons attack. The lawmakers said maybe U.S. legislators can be persuaded to take a "balanced stance" on the issue. THE ASSOCIATED PRESS

Egypt

Dissolve Muslim Brotherhood, Egyptian judges recommend

A panel of Egyptian judges recommended Monday the dissolution of the Muslim Brotherhood, adding momentum to a push by authorities to ban the ousted president's main backer and a pillar of political Islam in the region.

Since the military deposed Mohammed Morsi in a July 3 coup, it has steadily intensified a crackdown on the Brotherhood, Egypt's largest political organization. Hundreds of its members are in detention and facing prosecution, many on charges of inciting violence.

The recommendation is nonbinding for the court, which holds its next hearing on Nov. 12. THE ASSOCIATED PRESS

Sweden. Obama to face NSA surveillance protests

Internet freedom activists plan to protest U.S. online spying when Barack Obama visits Stockholm this week, but the Swedish officials say they won't raise the sensitive issue with the U.S. president.

Foreign Minister Carl Bildt told The Associated Press on Monday that government surveillance of the Internet is "going on worldwide" and is not something on the agenda during Obama's visit Wednesday and Thursday. "We are not entirely innocent ourselves," Bildt said. "We conduct both intelligence and security operations on the Net. But they are regulated by law. And we have stringent safeguards and surveillance of them." THE ASSOCIATED PRESS

Sweden's Foreign Minister, Carl Bildt, pictured here in June, told The Associated Press on Monday that Internet surveillance activities are happening worldwide and that "we are not entirely innocent ourselves." THE ASSOCIATED PRESS FILE

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Heading back to school as a boy: Transgender child shares story

Born a girl, and it's no secret. Wren, 11, is the youngest openly transgender kid at his Edmonton school

When 11-year-old Wren Kauffman goes back to school this week, he won't be hiding the fact that he was born a girl.

Teachers, friends and other students at his Edmonton school know the truth — that he's a girl on the outside but feels like a boy on the inside. And that's why, even at such a young age, he has chosen to live in the world as the opposite sex, and not keep it a secret.

"If you're not yourself, then it kind of gets sad and depressing," says the freckle-faced kid with short-cropped hair.

"I'm glad that I told everybody."

More students these days are not just coming out in school as gay but also as transgender or transsexual, and they're doing it at younger ages, says Kris Wells, a researcher with the Institute for Sexual Minority Studies and Services at the University of Alberta.

Some studies show six out of 1,000 students experience transgenderism. About one out of 170 teachers are transgender.

Wells says his office gets calls and emails from parents and schools across the country at least once a day asking for advice. A few years ago, he helped a child swap sex roles while in Grade 2 at a Catholic school in rural Alberta.

Some students and their families choose a more secretive approach, switching schools or even moving to other provinces, so they can start fresh, he says. Others transition over the summer and return to school in the fall identifying with their new sex.

Brave students, like Wren, proudly announce who they used to be — and who they are now. THE CANADIAN PRESS

Transgender student Wren Kauffman, 11, left, reads a book with his sister Avy Kauffman, 9, in Edmonton last week. Wren was born a girl but at the age of 9 started identifying as a boy and now lives his life as a male. JASON FRANSON/THE CANADIAN PRESS

Jerks will be jerks

"People tease me right now and I can handle it. The way that I like to look at it is that they're just practice for the real jerks in life."

Transgender student Wren Kauffman, 11

Always felt like a boy

'When do I get to be a boy?'

Wren, born Wrenna, says he doesn't remember a time when he didn't feel like a boy.

Growing up, he hated wearing dresses. When he was five, he had his mom take him to a hairdresser to cut off his long, brown locks. He wanted to look like Zac Efron from High School Musical.

Wendy Kauffman says she and her husband, Greg, knew their daughter was different. She would often ask: "When do I get to be a boy?" And she pleaded to be born again in order to come out right. THE CANADIAN PRESS

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Tornadoes tear across eastern Japan

Toppled utility poles block a road after a tornado struck Koshigaya city, north of Tokyo. Tornadoes tore through eastern Japan on Monday, leaving dozens of people injured, at least one seriously, and destroying some buildings. KYODO NEWS/THE ASSOCIATED PRESS

Woman completes Cuba-Florida swim

5th time's a charm. The swim without a shark cage took Diana Nyad nearly 53 hours

Diana Nyad, 64, is the first swimmer to cross the Florida Straits without the security of a shark cage. ANDY NEWMAN/FLORIDA KEYS BUREAU/THE ASSOCIATED PRESS

Looking dazed and sunburned, U.S. endurance swimmer Diana Nyad walked ashore Monday, becoming the first person to swim from Cuba to Florida without the help of a shark cage.

The 64-year-old Nyad swam up to the beach just before 2 p.m. EDT, about 53 hours after starting her journey from Havana on Saturday. As she approached, spectators waded into waist-high water and surrounded her, taking pictures and cheering her on.

"I have three messages. One is, we should never, ever give up. Two is, you're never too old to chase your dream. Three is, it looks like a solitary sport, but it is a team," she said on the beach.

"I have to say, I'm a little bit out of it right now." She gestured toward her swollen lips, and simply said "seawater."

Her team said she had been slurring her words while in the water. She was placed on a stretcher on the beach and received an IV before she was taken by ambulance to a hospital. But her doctor later declared her essentially healthy and expected her to recover quickly from dehydration, swelling and sunburn.

It was Nyad's fifth attempt and what she had said would be her last try to complete the approximately 110-mile swim. Her first attempt was in 1978.

THE ASSOCIATED PRESS

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Scientists set up a raft with a micro-meterological station on a lake in this undated photo. Ontario is pledging funds to keep a world-famous experimental research area open. CONTRIBUTED: EXPERIMENTAL LAKES AREA/THE CANADIAN PRESS

Experimental Lakes Area thrown a lifeline

Ontario funding.
$2-million pledge will allow facility to remain open while long-term deal is hashed out

Ontario is pledging $2 million per year to keep a world-famous experimental research area open in the northwestern part of the province.

Premier Kathleen Wynne made the announcement Monday.

The Experimental Lakes Area has been used since 1968 for fundamental freshwater studies. But Ottawa announced last year that it was closing the area to save $2 million annually.

A Winnipeg-based, non-governmental research organization — the International Institute for Sustainable Development — is in negotiations to take over management of the 58-lake facility.

"Today is a good day for science," IISD president Scott Vaughan said in a statement.

THE CANADIAN PRESS

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Quebec corruption probe

Unions on hot seat as inquiry resumes after two months

Quebec's corruption inquiry is set to resume Tuesday after a two-month-long summer break. This time the province's unions will be put under the microscope.

Six members of the powerful FTQ construction union are expected to testify at the inquiry this fall, including top boss Yves Ouellet.

The commission is also expected to delve into construction contracts involving Quebec's transportation ministry as well as cities around the province.

The inquiry has heard from 80 witnesses so far, including mayors, city officials, and engineering executives.

It was granted an 18-month extension from the provincial government and Chair France Charbonneau must now deliver her report by April 2015. THE CANADIAN PRESS

Workers check storage tanks at the Fukushima Dai-ichi nuclear plant in northeastern Japan last month. KYODO NEWS/THE ASSOCIATED PRESS

Fukushima Dai-Ichi. New leaks alarm watchdog

Japan's top nuclear regulator raised safety concerns Monday about hastily built storage tanks and their foundations at the damaged Fukushima Dai-Ichi power plant after signs of new leaks of radioactive water.

The latest leak was found over the weekend in a connecting pipe. The plant's operator, Tokyo Electric Power Co., said it suspects there may also have been leaks from three storage tanks because elevated radioactivity was detected near them. Nuclear Regulation Authority Chairman Shunichi Tanaka said the small leak and possible other leaks have added to concerns about the plant's stability.

They follow a loss of 300 tons of highly radioactive water from a steel tank on Aug. 19. The tanks are part of approximately 1,000 tanks holding 330,000 tons of contaminated water at the plant, where the radioactive waste water from the reactors grows by 400 tons daily. THE ASSOCIATED PRESS

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'At odds' with others

Harper's advisers dismiss warning to hike interest rates

The prime minister's advisers have dismissed a warning by a respected think-tank that ultra-low interest rates need to start rising now to avoid damage to the Canadian economy.

In a paper for the C.D. Howe Institute, economist Paul Masson argued in May that the Bank of Canada should nudge rates higher to forestall real-estate bubbles, excessive household debt, pension-fund woes and other dangers.

But a May 31 briefing note requested by Stephen Harper's office on the controversial paper notes that Masson's arguments are "at odds" with the views of most economists.

And it says the central bank cannot act as if Canada is an island while the United States, Europe, Japan and England continue to hold rates down to help prime their anaemic economies.

THE CANADIAN PRESS

Verizon no longer looking to enter Canadian market

Still concerned. A Telus executive is breathing a sigh of relief at the news, but remains on the offensive

Verizon Communications Inc. is no longer interested in entering the Canadian wireless market, the company's CEO Lowell McAdam said Monday.

McAdam made the comments after the company announced it had agreed to pay $130 billion US for the 45 per cent stake in Verizon Wireless owned by British cellphone carrier Vodafone.

"At this point in time we're not interested in entering the Canadian wireless market," McAdam said, according to Verizon spokesman Bob Varettoni.

Canada's wireless companies were quick to respond, saying Verizon's decision does not ease their concerns about wireless rules in this country.

Josh Blair, the executive vice-president of Telus said he remains concerned about government policy on the spectrum — the radio waves needed to make cellphone networks operate — available to Canadian wireless carriers.

"This has never been about Verizon coming into Canada, or not, it's always been about fair access to spectrum," Blair said. "Spectrum is the lifeblood of our industry, and without fair access to it, that's going to potentially, permanently disadvantage Canadian companies," he said.

Bell Canada spokesman Mark Langton called it "significant news," but echoed Blair's concerns about regulations in Canada.

THE ASSOCIATED PRESS

Rules remain 'wide open'

The big wireless providers argued that big foreign players like Verizon would have an unfair advantage under the current wireless rules.

- "Just because Verizon isn't coming doesn't mean another large foreign company ... might not want to come to Canada and take advantage of rules that, literally, would gift them a path to half of the 700 megahertz spectrum," said Josh Blair, executive vice-president of Telus.

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Groovy: Lava lamp turns 50

Lava lamps are displayed in a shop in London. The lava lamp, an iconic piece of British design and social trends, is celebrating its fiftieth birthday. Since its launch in 1963, Mathmos lava lamps have been in production at their factory in Poole, Dorset. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Fermented honey and water. Mead, the 'nectar of the gods' rises again

Bottles of mead
THE ASSOCIATED PRESS

Once called the nectar of the gods, the oldest fermented beverage is seeing a renaissance.

Beekeepers and vintners are rediscovering mead, an alcoholic drink made of fermented honey and water. These days, fruits, spices and even carbonation are being added for distinct flavours that aren't a far cry from the beverage favoured during the Middle Ages.

American Mead Makers Association President Chris Webber estimates there are 200 to 250 commercial mead makers in the U.S., up from just 100 five years ago. THE ASSOCIATED PRESS

Hit-and-run case

Thai prosecutors seek warrant for Red Bull heir

Thai authorities are seeking an arrest warrant for an heir to the Red Bull energy drink fortune after he failed to appear for his indictment in the hit-and-run death of a policeman, a prosecutor said. THE ASSOCIATED PRESS

Annual event

Fight to stop dolphin hunt continues in Japan

Former Guns N' Roses drummer Matt Sorum was in a remote Japanese fishing village Monday to protest against its annual dolphin hunt. The event in Taiji was made famous by the 2009 film The Cove. THE ASSOCIATED PRESS

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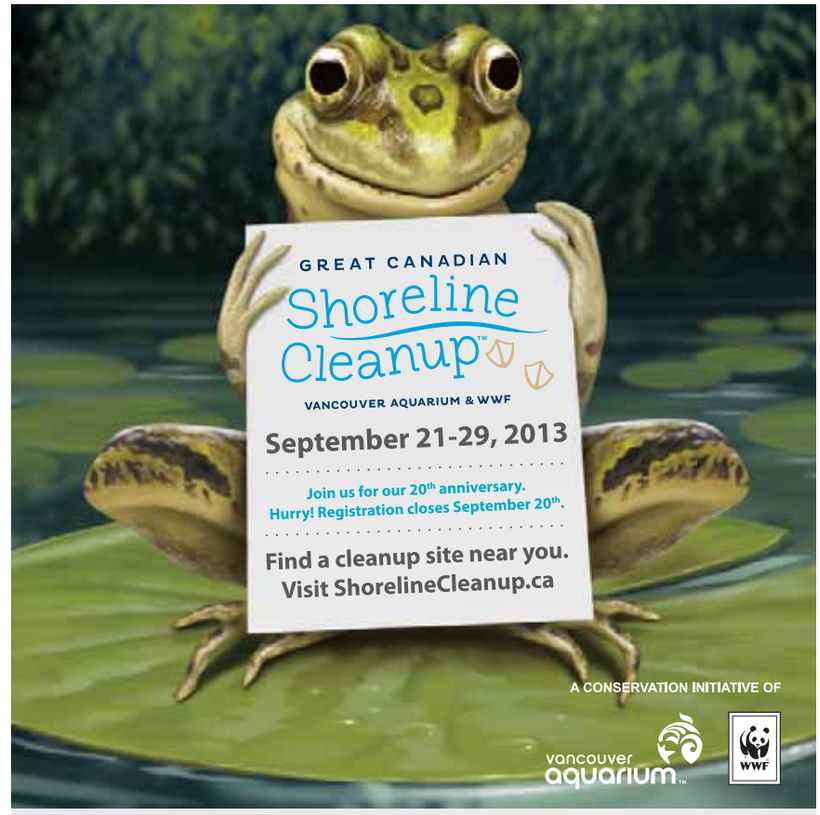

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HOW DARE YOU BE SO SELFIES?

SHE SAYS

Jessica Napier
metronews.ca

All right, I don't want to be another one of those people complaining about "kids these days" but teenagers of the Internet, you've gone too far (virtual fist-shaking implied).

If you need yet another example of how social media is eroding our sense of human decency, then take a look at Selfies at Serious Places.

This delightful (read: horrifying) new Tumblr showcases a variety of photos of young adults posing for their smartphones in highly inappropriate settings. From car crashes to the gas chamber at Auschwitz, it seems there is no locale too solemn or morbid for teens looking to share a cringe-worthy self-portrait.

What is wrong with you? Are you documenting your inane facial expressions at important sites to try and prove to your friends and followers how thoughtful and cultured you are? Because if that's the case, you're doing it wrong.

If you are in fact looking to exhibit your obnoxious privilege and complete lack of respect, then congratulations, job well done.

I will admit that most travel photography has a boastful "I was here" sort of element to it, but that doesn't mean you should literally photograph yourself holding up a peace sign next to John Lennon's grave.

Perhaps if you pry the phone out of your hands for a few moments and take a look around, you'll learn a few things and come to realize that war memorials, religious statues and heritage sites do not exist as funny props for you to pose against. Do you even know the definition of genocide?

Oh sure there are some places that are relatively suitable for a narcissistic photo-shoot.

When you find yourself riding alone in a well-lit elevator it would be forgivable for you to take a quick pic for your plethora of social networks; pretty vain, but forgivable.

However, there are many, many circumstances in which snapping a selfie is seriously offensive.

For future reference, here is an incomplete list of places you should resist the urge to take a photo of yourself: funerals, prisons, crypts and cemeteries (that includes celebrities' grave sites because their dead bodies are still DEAD BODIES), in a car or any sort of vehicle that you are in the process of driving, historic places commemorating catastrophic events or mass murders, sad hospital visits, crime scenes and pretty much anywhere you might find large groups of people openly weeping.

If you want to record a particularly stylish OOTD or "duck face" for the camera to show off your new lip-gloss, then that's your prerogative.

But if you're out in public, please try to have a little consideration for your surroundings and the context of your actions. And no, captioning your selfie with #respect doesn't make it OK.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Opposable thumbs? Pshaw

STEVE JONES/PHOTOSHOT/SOLENT NEWS

House proud on the sea bed

This coconut octopus was captured off the Indonesian coast, and it has revealed surprising domestic skills. Researchers discovered the animal uses coconuts to build shelters, the first known case of an octopus using tools.

They also transport them long distance by stacking the shells and walking on tentacles.

"I almost drowned laughing when I saw this the first time," said Dr. Julian Finn, a researcher from Australia's Museum Victoria. "I could tell it was going to do something, but I didn't expect it would pick up the shell and run away with it." METRO

Undersea IQ

Which sea creature is the smartest?

- **Squid.** The octopus' cousin can learn new skills and gets bored easily.
- **Sea lions.** These sea detectives show impressive logic.
- **Whales.** Are masters of language and communication.
- **Dolphins.** Are among the mammals with the largest brain-to-body ratios.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

If the picnic blanket and cooler have gotten more action this summer than your running kicks and gym shorts, fall can be an ideal time to get your sunburned, booze-soaked bum back on track. But if the cooler days and back-to-school ads promoting new beginnings aren't enough to keep you motivated, these apps are here to help:

GymPact:

Miss a workout, pay up. Hit your targets, earn cash. GymPact helps you stay on track by giving cash incentive to those who hit their targets, while those who miss a day have to pay — literally.

Charity Miles:

Would you be more likely to get moving if you knew your miles were going to a good cause? Charity Miles lets you donate each click/calorie to a charity of your choice.

Comments

RE: Is There Any Point to an Arts Degree?

"Is there any point to an arts degree?" Not in any large numbers/volume. There just are not the jobs out there.

If you want to be in debt for a long time and serve coffee for a living, go for it. Otherwise, learn a specific profession or trade. Don't overlook the value of becoming a tradesperson (although, I have to admit the apprenticeship programs out there are too restrictive).

CCToronto, posted to metronews.ca

I don't always talk to someone with a BA, but when I do, I tell them I want fries with my burger.

Guesswhosback, posted to metronews.ca

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DVD reviews

Now You See Me

Director. Louis Leterrier

Stars. Jesse Eisenberg, Common, Mark Ruffalo

●●○○○

Only one movie magic trick really matters in the era of computer-generated imagery: convincing us that what we see on screen could actually happen. Why should we doubt our eyes, when CGI can make anything appear before them? Such is the dilemma of this star-studded bit of hokum Louis Leterrier (Clash of the Titans) that adds up to much less than the sum of its parts. The more you see of the movie and the more elaborate the tricks get, the less you are inclined to believe that humans rather than machines are in charge. The human factor is also diminished in the acting, despite a cast that boasts some of the most empathetic players going: Morgan Freeman, Michael Caine, Woody Harrelson, Jesse Eisenberg and Mark Ruffalo. All do tiresome variations of the smarmy know-it-all, while the two main female actors, Isla Fisher and Mélanie Laurent, are reduced to minor roles.

PETER HOWELL

Give 'em more Vin

Riddick. If his success with the Fast and Furious franchise is any indication, Vin Diesel knows just what the fans want in a movie

NED EHRBAR
Metro World News in Hollywood

With Riddick, Vin Diesel is looking to repeat the success he had reviving his Fast and Furious franchise — he'll start shooting the seventh instalment right after Riddick is released — and continues to prove he knows what he's doing in giving audiences what they want.

And if he's right a second time, it just might open the doors for his long-awaited Hannibal film.

And maybe he'll even squeeze in a Marvel flick somewhere. The actor's been hinting about a Marvel collaboration and even put up a comic-themed photo on his Facebook page.

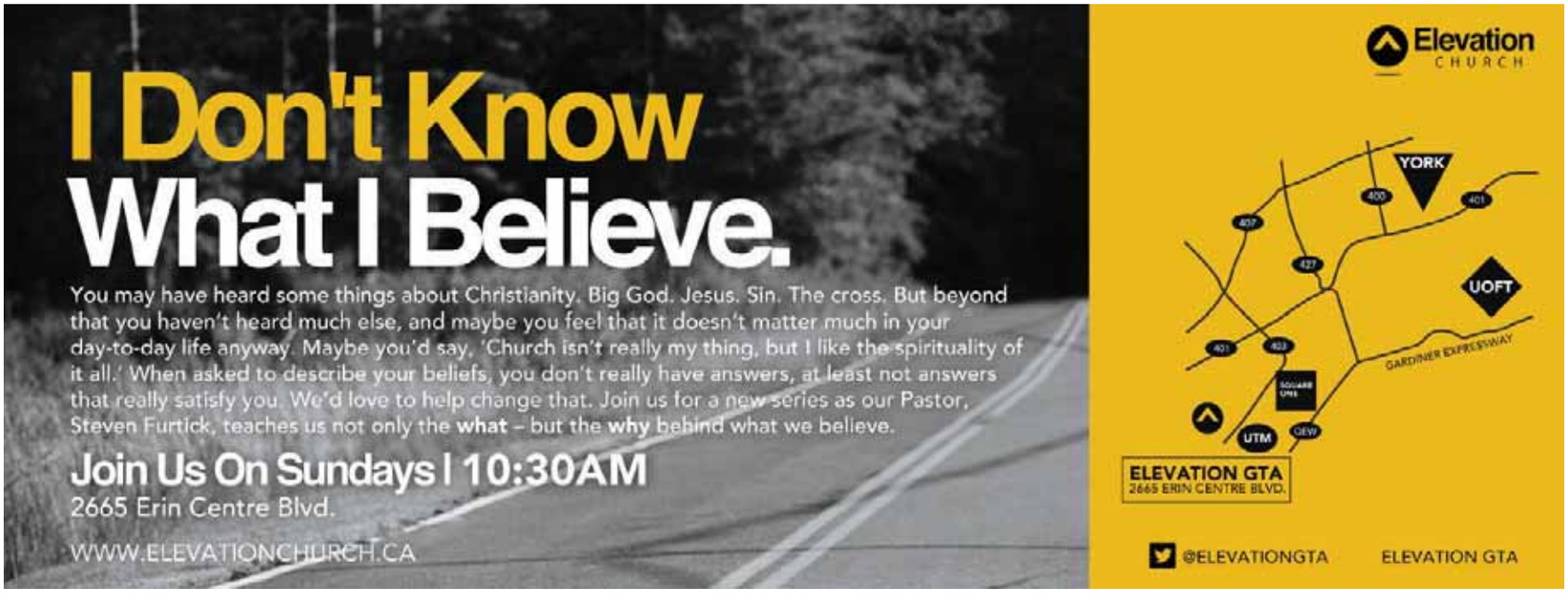
After the successful revival of the Fast franchise, if this one takes off as well will it feel like a complete vindication for you? Like an, "I told you so" to the industry?
Totally, totally. We're keeping our fingers crossed, but totally. And it will do what it intended to do, which is to reopen that universe. That's the real intention. That's why we were able to go independent, that's why we didn't spend $200 million like every other Hollywood production. How anxious and how committed the studio will be to actually do the next one will depend on how it performs.

Riddick opens Friday. CONTRIBUTED

How much fun have you been having teasing people about your Marvel news?
Have I been teasing? If the world wants to focus on a (Facebook) cover photo change that happens on a Sunday afternoon for less than an hour while D23 is pumping out all the publicity in the world, that's fun, I guess. I don't know if it was so deliberate or if it was just kind of trying to let the social media base in as much as possible without totally disregarding the Marvel policy.

What about your long-planned Hannibal project?
You know, yesterday I was lucky enough to be the recipient of the 2,504th star on the Hollywood Walk of Fame, and even the night before getting the star, I was thinking, "Am I really ready for this star? I haven't done (Hannibal) yet. Why are they giving me this? Don't they have to wait until that trilogy comes out? This makes no sense." But all of these victories for Universal Studios gets me one step closer to traversing the Alps.

You've been holding out for this for so long.
It's embarrassing how long. You know, I've been talking about it so long that even five years ago I would have a little anxiety about doing press because I knew everyone was going to say to me, "Where is this Hannibal you've been promising? Come on, this is bulls—!" "But I'm doing Fast…" "I don't want to hear it!"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Show plans to keep viewers In the Thicke of It

It's a question that keeps Growing Pains fans awake at night to this day: is actor Alan Thicke really as understanding and great a dad as his onscreen persona, Jason Seaver?

"I don't think there will be any great surprises in my character," says the Kirkland Lake, Ont., actor.

He and his wife of eight years (together for 14), Tanya Thicke Callau, are the newest celebrity couple to open their home to reality television cameras for In the Thicke of It, airing this winter on Slice.

"I think we all had qualms about it to some degree," said Thicke. "Not as bad as when I was offered a commercial for an erectile dysfunction tablet ExtenZe a couple of years ago. That was a big family conversation. Whether you really want to be the face of erectile dysfunction and whether that was flattery or not."

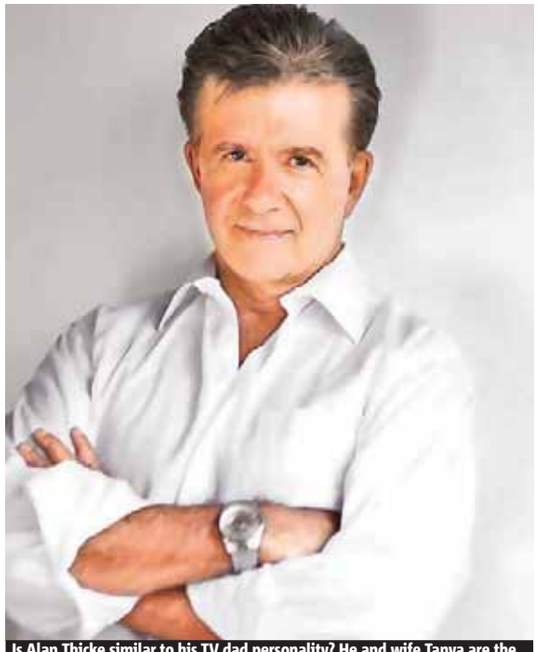
After that conversation, deciding to do reality television show was relatively easy for the family.

"It seemed a good opportunity to maybe create a hybrid of the genre," said Thicke. "A reality-comedy. we see this falling somewhere between Larry David and the Kardashians. That is our hope, to have fun with real life."

And, yes, that look inside the Thicke family dynamics will include some backstage appearances with Blurred Line's singer Robin, along with medical marijuana advocate Brennan and high schooler Carter.

"The three children, we expect to deal with them in their venue, in their genre," said Thicke. As for revealing details of his life with wife Tanya, Thicke said, "We've paid our dues with each other and we are not afraid."

"We are also the Ricky and Lucy I think," adds Tanya, who is Latina and met her husband in Miami when he was hosting an event. "Culturally we are miles apart, but somehow we have managed to meet in the middle," added Thicke. In the Thicke of It premieres in winter 2014. METRO



Is Alan Thicke similar to his TV dad personality? He and wife Tanya are the newest celebrity couple on reality TV. CONTRIBUTED

Give us some gossip!

So what is it like to be at a Jenner-Kardashian Christmas party?

- "If anyone knows how to spend money it is Kris Jenner, and she just throws a very lavish, exciting, fun party," says Tanya Thicke Callau, who was one of Kris' bridesmaids. "They are all dressed in black and white — go figure — and I believe a couple years ago Bruce Jenner got into an incident with the neighbour."
- "There was an incident last year, and the cameras weren't around to cover it," added Alan Thicke. "The neighbours were complaining about parking or whatever was going on, and Bruce literally duked it out with this guy in the driveway. No cameras in sight."

You gotta know when to tune in, and out

With a number of comedies vying for your chuckles, we've created this handy guide to help you channel surf this fall. Just answer 'yes' and follow the white wire, or 'no' and follow the black coaxial cable to the perfect show for you

METRO

You want to support Canadian TV?

You don't care if it was made here, as long as one of the stars is a Canuck?

You might tune in more if that Canadian star was Jerry O'Connell and he was in a Speedo

Really, the fat kid from Stand By Me? you prefer statuesque Canuck Malin Ackerman

You think Canadian Michael J. Fox's return to TV is the second coming!

Rebel's character is a bit too nightclub-naive for your taste.

Who cares about saving the world? You just want to have fun like that crazy Aussie, Rebel Wilson

Cheers was funny, but if there was a groundbreaking Thursday night show, it was Will and Grace

Speaking of crazy, Leah Remini be damned, it's all about Scientology and Kirstie Alley

Family Ties was OK, but Robin Williams ruled the early '80s on Mork and Mindy

Sure those singles are having fun, but it's time to settle down and get married

Yeah, but after the honeymoon is over you separate and end up hanging out with mom again

Who cares about the moms? Bring on the paternal instinct

If I am going to watch a show about a dad, then at least make sure he looks like Chris Meloni

No, no, no, it doesn't matter if dad's a babe, it just needs to be set in the '80s.

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Pencils, books and dirty looks

Even for those who aren't back in class this week, school-centred films offer a nostalgic look at the highs, lows, adventure and acrimony that colour student life. Here's a look at six of them:

THE CANADIAN PRESS

To Sir With Love

Mark Thackeray is confronted with a nightmarish scenario for any teacher: a class teeming with unruly, inattentive teens. Set in a high school housed in a gritty East London neighbourhood, the 1967 film features Sidney Poitier as the beleaguered educator determined to instil discipline and respect among his pupils — a group who seem equally compelled to drive him out the door.

Ferris Bueller's Day Off

Matthew Broderick takes the act of cutting class to elaborate extremes as the titular character in this famed 1986 flick. Shy pal Cameron (Alan Ruck) and girlfriend Sloane (Mia Sara) join Ferris on the adventure ride — in a Ferrari, no less — around Chicago, all while finding inventive ways to avoid his parents, sister Jeanie and suspicious dean of students, Ed Rooney.

The Breakfast Club

John Hughes transformed the teen film genre with his string of youth-focused flicks. The late filmmaker's 1985 classic chronicles five high school students from different cliques and social backgrounds (Molly Ringwald, Judd Nelson, Emilio Estevez, Ally Sheedy, Anthony Michael Hall) tasked with writing an essay while holed up in Saturday detention.

School of Rock

Jack Black gives an eclectic class of private school students an education in the art of rocking out in this 2003 comedy. The funnyman portrays down-on-his-luck rocker Dewey Finn who cons his way into a gig as a substitute teacher and helps transform the kids into a tight-knit musical outfit who vie to compete in a battle-of-the-bands contest.

Fast Times at Ridgemont High

Decades before becoming an award-winning actor and activist, Sean Penn left a lasting imprint as stoned surfer dude Jeff Spicoli in Amy Heckerling's feature film directorial debut. Adapted by Cameron Crowe from his book of the same name, the 1982 coming-of-age tale centred on a motley group of California high school students.

Dazed and Confused

A 1976-set period piece released in 1993, Richard Linklater's second directorial effort is actually set on the last day of the school year. It follows the various activities of a massive group of Texas high schoolers — including would-be stars Milla Jovovich, Ben Affleck, Joey Lauren Adams and a scene-stealing Matthew McConaughey.

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What about Bob?

Filthy Gorgeous. Documentary looks at the sometimes contradictory life of Penthouse founder Bob Guccione

Bob Guccione may have peddled smut, but he possessed a solitary intellect. THE CANADIAN PRESS

With a mass of gold chains as thick as a plate of spaghetti on his hairy chest, a deep bedroom voice, leather pants and title as publisher of the pornographic magazine Penthouse, the late Bob Guccione seemed a one-dimensional character to many.

But beneath the tanned, lady-killer facade was a solitary intellect and artist who had a deep interest in science, according to the new documentary Filthy Gorgeous: The Extraordinary World of Bob Guccione.

"Unlike the brands of (Hugh) Hefner, and Larry Flynt for that matter, Guccione was the polar opposite," says Barry Avrich, director of the doc that premieres Sept. 9 at the Toronto International Film Festival.

"Guccione wasn't interested in being a brand. He was interested in building brands, but not brands themselves. He was reclusive, he didn't go to parties.

"He didn't feel that he had to have a girl or two girls on either arm to perpetuate the brand."

Early in his life, Guccione's career goals were also the polar opposite of those he eventually achieved.

As the film shows, the Brooklyn-born mogul studied to be a priest as a teen. He then tried to make it as an artist around Europe.

It was while in London with his second wife that he began a mail-order business selling pinup posters and set out to create an equivalent of Playboy for a British audience — a mag with high editorial standards that captured "real women" and their sensuality.

Despite the controversy his idea created across the pond, the first issue of Penthouse in '65 was a hit and led to an empire of many magazines, including the science-based Omni and music-focused Spin. He also made major investments in lofty ventures, from nuclear reactors to casinos and the infamous '79 historical pornographic film Caligula starring Malcolm McDowell, Helen Mirren, and Peter O'Toole.

With his massive fortune, Guccione lived a life of luxury (his art collection in his ornate home included works by Matisse, Renoir and Picasso) with third wife Kathy Keeton, who helped run his business.

But in the late '90s and early 2000s, the magazine's circulation dwindled due to competition from Internet porn sites, and Guccione's company was forced into bankruptcy.

In 2010, after battling throat cancer, he died in Texas at age 79.

"It's a very tragic film. It's a tough film," says Avrich. "People aren't going to watch this film expecting to see — well mind you, there's tonnes of nudity, but not in a gratuitous, salacious way. It helps tell the story."

Filthy Gorgeous also includes loads of archival and home-movie footage of Guccione, who always had a swagger and a burning cigarette.

Interviewees include his sons as well as Victoria Lynn Johnson — a former Penthouse Pet of the Year who had an affair with Guccione — and Lynn Barber, editor of Penthouse from '67 to '74.

"You'll meet his lovers, you'll meet his family, you'll meet the dream team of women that ran the magazine," says Avrich.

THE CANADIAN PRESS

'Infinitely fascinating'

Montreal-born Avrich embarked on the project after realizing no one had done "anything on Guccione — nothing. This was a huge opportunity to tell the world about a man that was infinitely fascinating," he says.

Film news

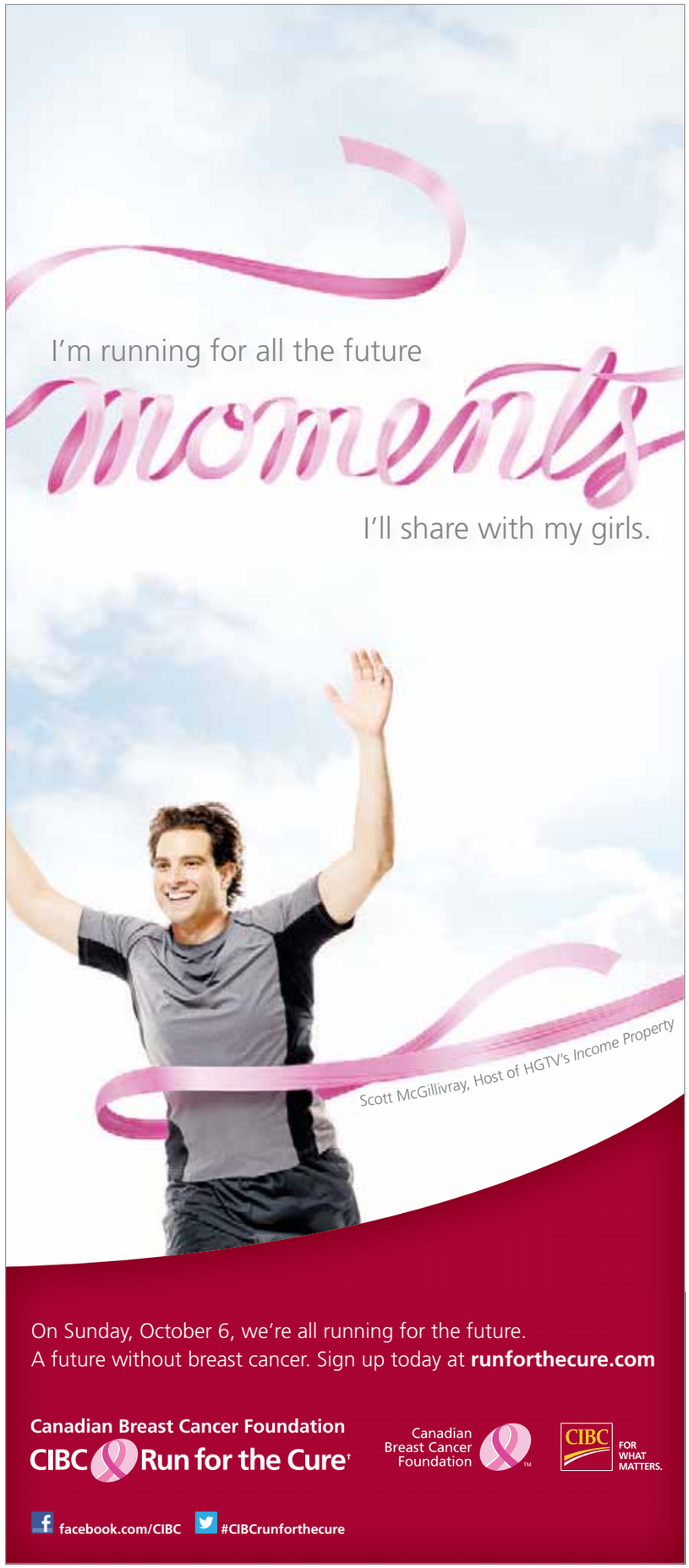
Melanie Griffith's daughter to star in 50 Shades of Grey

If you find yourself in the die-hard 50 Shades category, you'll be happy to know that casting for the 2014 film adaptation has been announced. On Monday, author E L James tweeted to her 300,000-plus followers, "I am delighted to let you know that the lovely Dakota Johnson has agreed to be our Anastasia in the film adaptation of Fifty Shades of Grey." Less than an hour later, James announced that Sons of Anarchy star Charlie Hunnam will be the male lead. "The gorgeous and talented Charlie Hunnam will be Christian Grey in the film adaptation of Fifty Shades of Grey," she tweeted.

Johnson has some Hollywood pedigree — her mother is Melanie Griffith and her dad is Don Johnson.

METRO

Dakota Johnson. GETTY IMAGES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Olivia Wilde stars in Drinking Buddies, which opens Friday. CONTRIBUTED

New film allowed Olivia to imbibe in her Wilde side

Drinking Buddies. Actress drank real beer while on set to play a capable and cool drunk

NED EHRBAR
Metro World News in Hollywood

Olivia Wilde's latest film, the indie dramatic comedy Drinking Buddies, takes on one of her favourite activities: drinking. Which is convenient, since writer-director Joe Swanberg strove for realism by having Wilde and her co-stars imbibe real beer during the shoot. The film follows two brewery employees and longtime friends (Wilde and New Girl star Jake Johnson) who think there might be something more to their friendship.

So, drinking.
Yes! Drinking!

What kind of drunk did you want Kate to be?
It was interesting trying to figure out what kind of drunk Kate would be, because she drinks so much all the time — and we were really drinking real beer the whole time we were shooting, so I was familiar with what that would be like, to drink that much every day. But I wanted to play her drunk still very capable, cool, collected, a little woozy and she becomes a little emotional. But it was interesting because I was like, "I don't think she's a sloppy drunk." She couldn't have that job and be a sloppy drunk. She just gets a little slurry and a little slow and a little sultry. I thought it was fun.

Outside of the acting part, your job involves a fair amount of drinking, with film festivals and premiere parties and events.
Yeah. I have what my dad calls a hollow leg. I can hold my liquor. It takes a lot. I'm an extremely expensive drunk, which is good. I mean, I appreciate having that amount of self-control. I don't like drunk people — people who are out of control and can't control their liquor scare me.

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Katie Holmes ALL PHOTOS GETTY IMAGES

Long-time friends Holmes and Foxx becoming more?

Katie Holmes and Jamie Foxx turned heads this weekend in the Hamptons, dancing close and looking quite chummy with each other at a benefit bash, according to the New York Post. Holmes, who repeatedly grabbed Foxx's arm, was overheard telling friends, "I haven't had such a good time in so long." The two have been friends for years, but sources say they've become much closer in recent weeks. And blog Diary of a Hollywood Street King even goes so far as to claim that Holmes and Foxx have been seeing each other for "a few months."

Amanda Bynes

Bynes' Twitter account 'hacked' while in care

It turns out that mysterious "I love Drake" message on Amanda Bynes' Twitter — her first post since being put under forced psychiatric care earlier this summer — wasn't actually from her. "Amanda's Twitter account has been hacked. She is at the UCLA Medical Center with no access to phones or computers," her attorney, Tamar Arminak, tells Radar Online. She is expected to remain in treatment for the foreseeable future.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Two divorces and demons — business as usual in Hollywood

STARGAZING
Malene Arpe
scene@metronews.ca

Michael Douglas and Catherine Zeta-Jones separate after 13 years of marriage. They cite an inability to be in the same room without passing out from loathing and an urge to yell incoherently the next time the other person makes a chewing sound.

Despite rumours that Dr. Luke would join American Idol as a judge for the next season, it doesn't look like it will happen. Dr. Dre and Dr. Phil feel vindicated, because they were assured that if American Idol wanted to go with a fake doctor, it would be someone people had heard of.

A preacher named Gordon Klingenschmitt says he believes Madonna is possessed by demons. "Madonna? Are you serious right now?" says Miley Cyrus. "What. Do. I. Have. To. Do?"

Star Trek actor Zachary Quinto tells fan fiction writers that he's convinced that Kirk and Spock are "only good friends." OK. Right. Sure. Next you're going to tell us that Harry Potter and Draco Malfoy didn't elope.

True Blood's Stephen Moyer will play Captain von Trapp on a live broadcast of The Sound Of Music. I can't wait for him to eat all the children, the Nazis, the nun and the Edelweiss and then run off with Alcide. (See what I did there, Zachary Quinto?)

"Twerk" and "selfie" will be added to the Oxford Dictionaries. And yet, despite my many letters on the subject, they keep rejecting "fnjort" and "smomfy."

Vincent Cassel and Monica Bellucci separate after 14 years of marriage. They cite irreconcilable differences and "just too much hotness for one house."

Katy Perry and John Mayer

'Gutted' Mayer pops the question but doesn't like patient Perry's answer

John Mayer is reportedly so serious about his rekindled romance with Katy Perry that he's already popped the question — but he didn't get the answer he wanted, according to Grazia magazine. "John won't run from Katy again. He knows his bad-boy reputation and what happened with Russell (Brand) hurt Katy, and he'll do whatever it takes to show he's the one she should marry," a source says. But Perry apparently "doesn't feel ready" to be married again. "John's proposal really unnerved Katy," the source says. "Even though they have discussed it, she thought it was too soon. John was gutted."

Twitter

@Janefonda
Joined the improv troupe at Upright Citizens Brigade last night. Improv way harder to do than I expected. Fun though

@lenadunham
Feel like there are tons of girls in a pit of ice cream & despair going "Lance Bass got engaged before me!?"

@SteveCarell
"Give a Stranger a Smile Day" results: 23% confused, 34% agitated, 43% annoyed.

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LIFE 3

Half Off: Metro editor loses it

Training. Winnipeg's own Elisha Dacey challenges herself to lose weight

YLVA VAN BUUREN
life@metronews.ca

Meet 35-year-old Elisha Dacey, Metro Winnipeg's managing editor. Besides heading up an always-unpredictable newsroom, Dacey has a busy home life with her husband and five-year-old daughter, Annabelle. It's no surprise that there never seems to be enough hours in the day, and taking care of herself falls to the bottom of the bucket.

About a year ago, Dacey stopped long enough to realize that at 295 pounds, she had put on way too much weight and her health was in jeopardy. She decided she needed to lose half her weight, and to do so publicly, chronicling the process in a blog called Half Off.

To start, Dacey followed Weight Watchers' points system to keep track of her eating. It worked for a while but when she reached 260 pounds earlier this summer (still, a 35 pound loss!), she hit a plateau. Every time she lost a pound, she'd gain it right back.

Enter colleagues at Metro News who suggested on-going support from a personal fitness trainer and registered nutritionist. And that's where Dacey is today.

Over the next few months, we'll follow Dacey and the experts to see what weight loss tips and strategies work and to provide inspiration and ideas to anyone who wants to improve their health by losing weight.

"The pressure I feel to get this right is definitely several notches higher now," says Dacey. "But I'm up for it. I know I can do this."

Elisha Dacey with personal fitness trainer Jordan Cieciwa. METRO

Nutrition

Meet Theresa Albert, registered executive nutritionist, Metro columnist, media commentator, and author of Ace Your Health, a health book, cookbook and journal all in one.

"Elisha is a classic case of no time and messed up priorities. ... Her real challenge will be putting herself first and getting healthier systems in place that will work for her."

Albert also says it's important to stop thinking of food cravings as something you have no control over. "It is only a fully acknowledged belief of the problem and a systematic attack of the issues that will help beat biology."

Albert's goal is to help Dacey establish an eating system that makes choices healthy, easy and natural. She's going to Skype with Dacey every few weeks to discuss eating challenges and solutions. She's also asked Dacey to track her meals and hurdles, and to send in a weekly weigh-in report.

Fitness

Meet personal fitness trainer Jordan Cieciwa. Based in Winnipeg, he trains everyone from beginners to high level athletes. He also pens a blog called onefitcity.com.

"What attracted me to Elisha is I saw what she was trying to accomplish.

"After meeting with her, you can see where her love for her daughter, husband and job has come way before her own needs."

Cieciwa says regular exercise will help Dacey get back on track to reach her weight loss goal but "it's also about health, fitness and strength for everyday living — you don't want to huff and puff going up and down stairs or run out of energy at the end of the day. When those signs and symptoms start to show up, you are in the red zone."

Cieciwa created a 30-minute home exercise program for Dacey, and in addition to one weekly training session together he asked her to do the program two more times a week on her own. The program is available in a downloadable version online, and there are accompanying videos that feature Cieciwa and Dacey showing you exactly how to do each exercise.

The trainer sees time and priority as Dacey's biggest issues. "Elisha has an unpredictable workday and without a set schedule, she will have to change her mindset. On workout days she has to consider her day not finished until she does her workout.

"Elisha also has to prioritize her health by taking a little time from other activities that keep her busy, such as emailing. Once she values herself, it will be easier."

A numbers game

"If it were up to me I would not be focusing on numbers. But I know people want to see the numbers. I know so many women who weigh themselves every day. I weigh myself once a week."

Elisha Dacey

Elisha Dacey:

Sharing her story

I'd been thinking about losing weight for a while, and I officially started about a year ago.

I wanted to follow the entire Weight Watchers' program but because I am so busy at work and home, I knew I couldn't get to weekly meetings. I needed to find support another way so I started the Half Off Blog (read the posts at metronews.ca/voices/half-off) — and it's great motivation. It helps me get my issues out and has created a community of followers.

I don't eat that badly, but I eat too much. I also stress eat.

I needed to add exercise to the equation too, but building exercise into your life can be hard. Plus, I didn't want to go to a gym.

I also needed everyone to understand that life gets in the way. Sometimes you're going to eat pepperoni pizza with your family, and sometimes there's no way you're going to want to do your circuit of weights.

ELISHA DACEY AS TOLD TO YLVA VAN BUUREN

Online

See Jordan Cieciwa take Elisha Dacey through nine basic exercises in our exclusive video stream, online at metronews.ca/halfoff.

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Best Health

The latest on ovarian cancer

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

It's Ovarian Cancer Awareness Month, and in the September issue of Best Health, editor Melissa Greer has looked into the latest findings:

Each year, 2,600 Canadian women are diagnosed with the disease — and as many as two thirds of them die from it. Symptoms are vague and non-specific, so the diagnosis is often missed until the cancer is too advanced.

There is still no screening method; a Pap smear does not detect ovarian cancer, contrary to what some people believe. And a blood test (called CA-125) that once held promise is unreliable for screening because it produces too many false negatives, according to Ovarian Cancer Canada.

But there's hope. A study published this year is the first to find a link between high blood calcium levels and ovarian cancer incidence; research is still being done on this. And there is buzz around Fallopian tube research and the BRCA1 and BRCA2 gene mutations. Here are some facts to keep in mind:

-Research suggests the most common, and deadliest, type of ovarian cancer is generated in the Fallopian tubes. Removing them during a hysterectomy could be an option for women who are at greater risk.

-Genetic testing can help determine if a woman is a carrier of the above two gene mutations; if she is, she has a higher risk of developing ovarian or breast cancer.

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Blood tests aren't the best way to detect ovarian cancer. ISTOCK

Stars of the U.S. Open serve up their secrets

James Blake (U.S.)
Get your sleep

"I think being on the road and travelling as much as we do, it's tough with the jet lag and going into the time zones, but you've gotta find a way to get your eight hours at least. And when you do that you're usually gonna eat better."

Janko Tipsarevic (Serbia)
Go all out

"It's good to feel dead after a fitness practice — not dead but completely exhausted because sore body today, stronger body tomorrow. There are sometimes you think it's too hard, it's too heavy, but it will for sure pay off later on."

Jelena Jankovic (Serbia)
Use your own body

"I always do lots of exercises with my own body weight, like lunges, pushups, pull-ups, things like that."

Sloane Stephens (U.S.)
Stretch correctly

"It is a major disappointment if an injury keeps you from playing your best, or at all. I use stretching to minimize that risk. Before a game I like to get my blood pumping, so I do some really active stretching, like jumping from one leg to the next as I stretch out my inner thighs, or bouncing on my tippy toes to stretch out my calves. Post-game it is more important to rid your muscles of lactic acid, so my stretching is not as active and helps my muscles cool down. Most stretches I do after the game include me standing still while working out my muscles."

Victoria Azarenka (Belarus)
Drink a lot of water

"I think it's very important to hydrate — it helps the body, helps the skin and it's good for you."

Ana Ivanovic (Serbia)
Get on your feet

"I enjoy running rather than weights — I don't like weights so much. (People who don't like to run) can always find a good running partner so they can chat about stuff or listen to music. Biking is another good way to get around, also fast walking — even just going window shopping with fast walking. At least it's something that's fun."

MEREDITH ENGEL, MWN IN NYC

Janko Tipsarevic promotes pushing your body to the limit for a later pay off.
MATTHEW STOCKMAN/GETTY IMAGES

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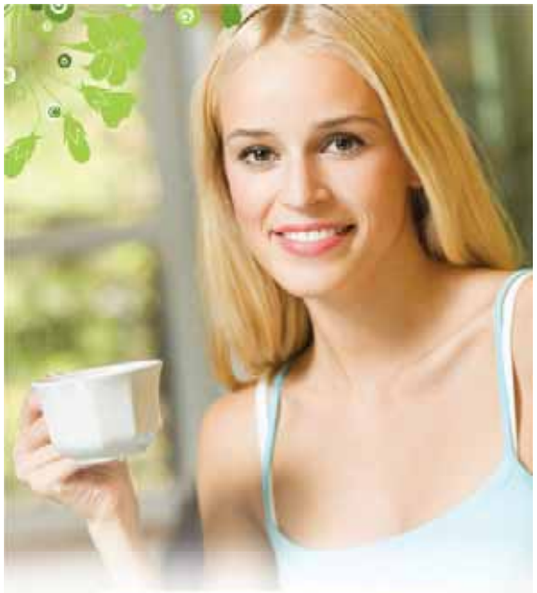

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For some, feelings of drowsiness indicate more than the need for a good duvet. ISTOCK

Understanding the ABCs of serious Zs

What happened to the hop in my step? How to cope with chronic fatigue syndrome and fibromyalgia

SHENGYING ZHAO
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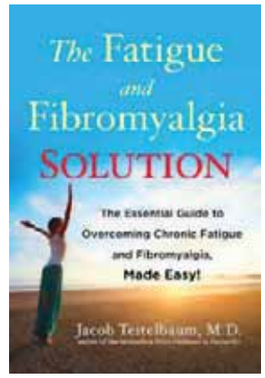
For years, people afflicted by chronic fatigue syndrome (CFS) and fibromyalgia (FM) have had trouble convincing their doctors that their debilitating symptoms are not an illusion. The good news is, "In spite of whatever doctors may have said to you in the past, the disease is real and you are not crazy," Dr. Jacob Teitelbaum tells Metro.

Teitelbaum himself suffered from fibromyalgia when he was in medical school and had to drop out for a year to recover. The disease left him homeless and sleeping on park benches. Due to this defining period, Teitelbaum has dedicated his professional life to leading scientific research, finding treatments and helping others with these illnesses.

"I have been there and I know what people are going through," Teitelbaum says. His new book, The Fatigue and Fibromyalgia Solution, is easy-reading guidance for everybody with day-to-day fatigue, not just for fibromyalgia.


The Fatigue and Fibromyalgia SOLUTION
The Essential Guide to Overcoming Chronic Fatigue and Fibromyalgia, Made Easy!
Jacob Teitelbaum, M.D.

The trouble with CFS and FM — diseases that have afflicted everyone from Florence Nightingale to JFK — starts with differentiating between the two. According to Teitelbaum, they are simply two names for the same process.

"If you go to see an infectious disease doctor, you will have chronic fatigue syndrome," Teitelbaum says with a laugh. "If you go out of their offices next door to see a rheumatologist, you will have fibromyalgia."

According to Teitelbaum, chronic fatigue syndrome encompasses more than 100 syndromes. Some key symptoms that identify the illness are being exhausted but unable to sleep, widespread pain and brain fog (difficulty using vocabulary and short-term memory problems). If you're experiencing these problems, you might be one of more than 12 million Americans, and more than 100 million people worldwide, with a CFS-related condition.

People with CFS can also have tingling in their body, low libido and bowel disorders. They can have an average 32 and a half pounds of weight gain because of the drop of metabolism. Symptoms can go on and on.

Understanding the condition

What is fibromyalgia?

Chronic fatigue's sister illness, fibromyalgia, is marked by muscle pain — all over the body or in certain areas — which is caused by tightening of the muscles.

"Muscles act like springs and they are naturally in a shortened position," Teitelbaum says. "It takes energy to stretch the muscle. So if you don't have enough energy, your muscles got locked in the shortened position, and then they hurt. When that happens throughout the entire body, that is fibromyalgia."

Get well soon

So what can we do to restore optimal energy? Take care of ourselves. Teitelbaum uses the SHINE acronym: sleep, hormones, immunity, nutrition and exercise. Simply put, you should get adequate sleep, get tested for hormone deficiencies, get treatment for infections, maintain a healthy diet and exercise. Following these steps can improve patients' health by 75 per cent after three months, one study found.

Teitelbaum says exercise is the hardest protocol for patients to follow, because people with CFS/FM don't have enough energy. But patients can start with a walking program, aiming for half an hour a day (or 2,000 to 4,000 steps if using a pedometer). Then people can increase by 50 steps a day until they reach a level that they are comfortable with.

Brothers are doin' it for themselves

I'm starting with the man in the mirror. Boys are playing a bigger role in their own upkeep. Ladies, rejoice!

COURTNEY M. FOWLER
Metro World News

In 2011, more than $964 million was spent in department stores on men's products, and the demand seems to be growing. ISTOCK

It's no secret that women love beauty products — just check out our bathroom shelves. However, a recent surge in men's skin care items proves that guys want to be as well-groomed as their female counterparts. We talked to Mr. Bee, head barber at New York City's Frank's Chop Shop and a Dove spokesman, about why so many guys sport handlebar moustaches and how to get the perfect shave.

What is one major misconception about men's grooming?

Men often assume that their grooming routines have to be painful, which simply isn't true. Every day men are torturing their faces by washing with soap, applying alcohol-rich aftershaves and overlooking the needs of their skin, which contribute to a man's face looking worn, tired and neglected.

What are some of the biggest trends in men's grooming that you've noticed?

For the face, there's definitely been a renaissance of moustaches. Men have been rocking more late 1800s-, early 1900s-style moustaches. (They're) using moustache wax to create those twisted corners, also known as the handlebar moustache. As for hairstyles, I have definitely seen the return of the Mad Men style — the edges are very groomed, but there's more hair on top — giving guys more freedom when styling.

During the week this style can be groomed neatly for work, while on the weekends guys can let it loose and sport a more relaxed look.

Today we're seeing more guys sporting beards.

Why?

I feel like in terms of style, whether it is hair, facial hair or fashion, everything comes full circle. There will always be a time when something old is back in vogue. Today, I think we're moving away from the stringent, clean-shaven, corporate look — people are loosening up. What may have been frowned upon 10 years ago is acceptable today. We are at a time where guys are able to express themselves more freely than ever before, and that has manifested into more men sporting beards, moustaches, goatees, etc.

How can guys get the perfect shave?

Every guy should know the key to a good shave is preparation, not necessarily what tools he's using. Preparation includes washing your face with warm water and a gentle cleanser and then getting the skin tender with a hot towel that has been soaked in pre-shave oils. This will also help to open the pores and lift the hair follicles so the hair will come off smoothly.

Mr. Bee's top three tips

- "An alcohol-free astringent to apply after shaving."
- "A post-shave balm to follow the astringent, such as the Dove Men+Care Hydrate post-shave balm, as it really helps relieve irritation and also soothes skin."
- "For those with facial hair, I'd suggest investing in a natural beard oil. This will help to retain the moisture in your beard."

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Split Pea and Barley Soup: A hearty Rosh Hashanah starter

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

During Rosh Hashanah, the Jewish New Year, a hearty old-fashioned split pea soup is the perfect way to start your meal.

1. Combine the barley and the 2 cups (500 ml) of water in a large saucepan and bring to a boil. Reduce the heat and simmer, covered, for 25 minutes or until the barley is just tender. Drain any excess liquid. Set aside.

2. Lightly coat a large non-stick pot with cooking spray, add the oil and set over medium heat. Add the onion and sauté for 5 minutes or until just softened. Add the carrots and garlic, and cook for another 5 minutes or until the carrots are slightly softened.

3. Stir in the 4 cups (1 L) of stock and the potato, split peas, and salt and pepper. Bring to a boil, then reduce the heat to low and simmer, covered, for 35 minutes or until the split peas are tender.

4. Purée 2 cups (500 ml) of the soup in a blender or food processor. Return the puréed soup to the saucepan and stir in the barley. Heat through and serve.

You can make the soup up to 2 days in advance and just add more stock when reheating. ROSE REISMAN

Restrictions

Not all Jewish dietary or traditional requirements may be met by this recipe.

Ingredients

- 1/4 cup pearl barley
- 2 cups water (or vegetable or chicken stock)
- 2 tsp vegetable oil
- 1 cup chopped onion
- 2/3 cup chopped carrots
- 2 tsp finely chopped garlic
- 4 cups vegetable (or chicken) stock
- 1 cup peeled and chopped potato
- 3/4 cup green split peas
- 1/4 tsp each salt and pepper

Health Solutions

Don't be sheepish

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Axel Meister of Wooldrift Farms in Grey County, Ont., emigrated from Germany in 1987 and was the first to create a commercial sheep milking operation in the province.

I know. Crazy, right? Sheeps' milk is a staple all over the world and with good reason. We Canadians have a lot of catching up to do.

Here's why:

- Milking sheep are grazed on grass and therefore have a much higher CLA (conjugated linoleic acid) amount. CLA is a good fat that is said to help keep weight gain at a minimum.
- Sheeps' milk has almost twice the calcium as cows' or goats' milk.
- Sheeps' milk has almost twice the protein of cows' or goats' milk.

The taste is a lot less gamey than goats' and not quite as sweet as cows' milk. People with dairy digestive issues tend to have an easier time getting the goodness of milk without the downsides of their intolerance when they seek out the sheep.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

HEALTHY MEALS? PASS THE PASTA!

Nothing is simpler than your favourite pasta dish. Now, making that dish even healthier is simple too. Registered dietitian Andrea Holwegner recommends some quick and easy steps to boost nutrition at meal time.

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Pasta is a great way to get grain-based foods into your diet. It's most nutritious when combined with vegetables as well as legumes, fish or lean meat.

Andrea Holwegner (BSc, RD) is founder and president of Health Stand Nutrition Consulting Inc.

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The next time you are looking for a quick and easy dinner dish, try this healthy recipe recommended by Andrea Holwegner.

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Rotini with Fresh Tomatoes, Aromatic Herb Pesto & Ricotta Salata

PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES | SERVES 4

INGREDIENTS

1 box Barilla PLUS® Rotini
2 tbsp extra-virgin olive oil
4 plum tomatoes, diced
1 clove garlic
3 sprigs marjoram
3 sprigs oregano
6 leaves basil
1 tbsp (25 leaves) parsley
3 sprigs thyme
¼ cup walnuts
¼ cup skim or non-fat ricotta salata, shredded
Salt and pepper to taste

PREPARATION

1. Bring a large pot of water to a boil.
2. In a large skillet, sauté tomatoes in 1 tbsp olive oil.
3. Cook pasta according to package directions.
4. While pasta is cooking, combine all dry ingredients in blender. Pulse for 10 seconds or until finely chopped.
5. Drizzle olive oil slowly to create the pesto.
6. Place pesto in bowl and add ½ cup pasta cooking liquid.
7. Drain pasta and toss with pesto and tomatoes.
8. Top with shredded cheese.

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How to sweep her off her feet: couple in Swiffer commercial share advice

In love. We spoke to the Kaufmans, who live in Valley Stream, N.Y., about what's kept their bond of 44 years so strong

MEREDITH ENGEL
Metro World News

The Kaufmans, from the popular Swiffer commercial, are just as happy outside the ads. CONTRIBUTED/ SWIFFER

You've likely uttered a big "Awww" upon seeing Morty and Lee Kaufman sweep each other off their feet — and dust off the armoire — in that popular Swiffer commercial.

And good news for romantics: The couple is just as in love in real life as they are in the commercial.

How did you two meet?
Lee: I was a widow and so was he, as we found out after we met. His little boy was in my summer reading class and Morty came for a required parent conference, and that was really how the whole thing started. And after that we kind of left Scotty on his own and got interested in each other.
Morty: I walked in and I said to Lee, "Scotty can't read for beans, what are you gonna do about it?" She wasn't too intimidated but nevertheless I felt that I laid everything out straight for her. And later on I came in to have another conference with her, and I said, "I didn't come to speak about Scotty — would you care to go out with me?" And from then on it blossomed into a lovely romance. We've been married 44 years now. We got married on Valentine's Day 1969, and we've had a good marriage. Our children are wonderful to us, and we're wonderful to our children, and we're wonderful to each other.
Lee: And I must add that Scotty is an excellent reader. It all worked.

What drew you to each other?
Morty: You know, we both had been widowed in our early 40s, and there was a common bond between us in that we had similar situations. We got along fine. She's a lovely girl.
Lee: Wow. … It did work out well. We never really sat down and figured the points of what was good and what was bad — it really just went along, especially when our children began to get along.
Morty: I'll tell ya, I think an important factor was the fact that our previous marriages were both very satisfactory. We both came in with good concepts of marriage and then we were widowed in our very early 40s and we re-entered into marriage with a good attitude.

What are your secrets to wedded bliss after so many years?
Morty: You have to know that you love the person and you gotta know that that person loves you. And you have to be considerate of each other.
Lee: I'm listening very carefully to all this.

How do you resolve arguments?
Morty: You compromise or you give in. No difference of opinion is that important as to interfere with your love for each other. Each one of us gives in more than we'd like. But we give in.
Lee: We were each of us the youngest in our family, and my bigger brothers and sisters always told me where I could sit and what I could do, and if I threatened to complain to mom and pop they threatened me back, so that's what happens when you're the youngest: You learn to accommodate. And we found each other very accommodating. Really, that was a good contributing factor.
Morty: You gotta take care of each other.

How do you keep things fun over the years?
Lee: Well, we're quite sociable. We've been theatre-goers in Manhattan —
Morty: Opera-goers for 40 years.
Lee: Yes, that got to be our thing. Actually, Morty introduced me to the opera part of it, and fortunately I discovered that it was a nice thing so it was a good thing for us to share. There are friends who join us — we've been a group for a long time who does that sort of thing — and then the rest is just nice socializing that most people do with each other and with their friends.
Morty: We eat a lot.
Lee: Yes, we eat a lot (laughs).
Morty: We don't cook too much. After 90, you don't want to really exert yourself. You want things done for you in a nice, easy fashion.

Everyone wants to know: How do you keep the sparks flying after all these years?
Morty: Well, there is nothing racy. It's just warm appreciation of each other. Your bodily demands vary with different ages as you get older. As you get older, you can just appreciate squeezing each other's hand, hugging each other.
Lee: I just gave him a poke because I just want him not to divulge all the secrets of our successful life together.
Morty: Listen, there's nothing quite as good as a loving hug and a good warm kiss. That keeps you going.
Lee: Thank you, Morty.
Morty: You're welcome.

Butler tips

Back to school etiquette from Confucius

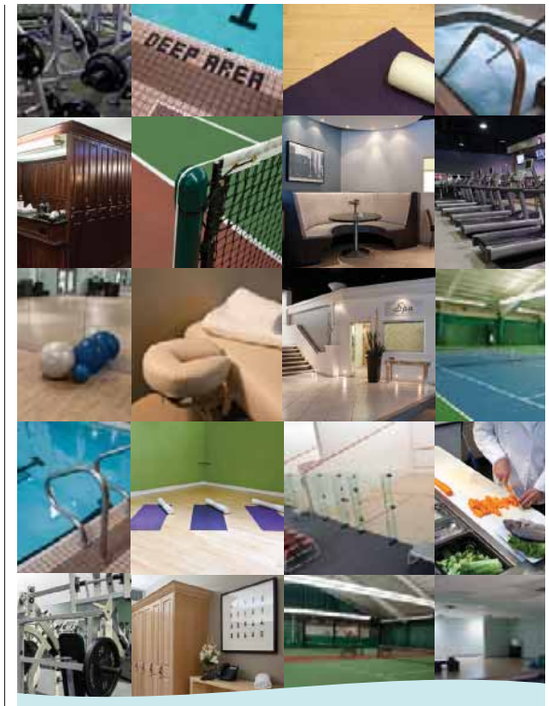
CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

What should I teach my children about proper manners as they go back to school?
-Marian, Vancouver

This is a timely question. As kids head back to school, parents start to wonder, "What should I be telling them so they don't embarrass me?"

As I've mentioned in the past, there's no such thing as "last-minute etiquette."

This just never works no matter how hard you try, as you are just so stressed about teaching them the right thing quickly, you often fail. Remember, etiquette needs to be something that is both sincere and comes naturally to us. I think that the best lesson you could share with your children before they go off to school is this famous yet very simple quote we all know:
"Do unto others what you want done unto you."
– Confucius



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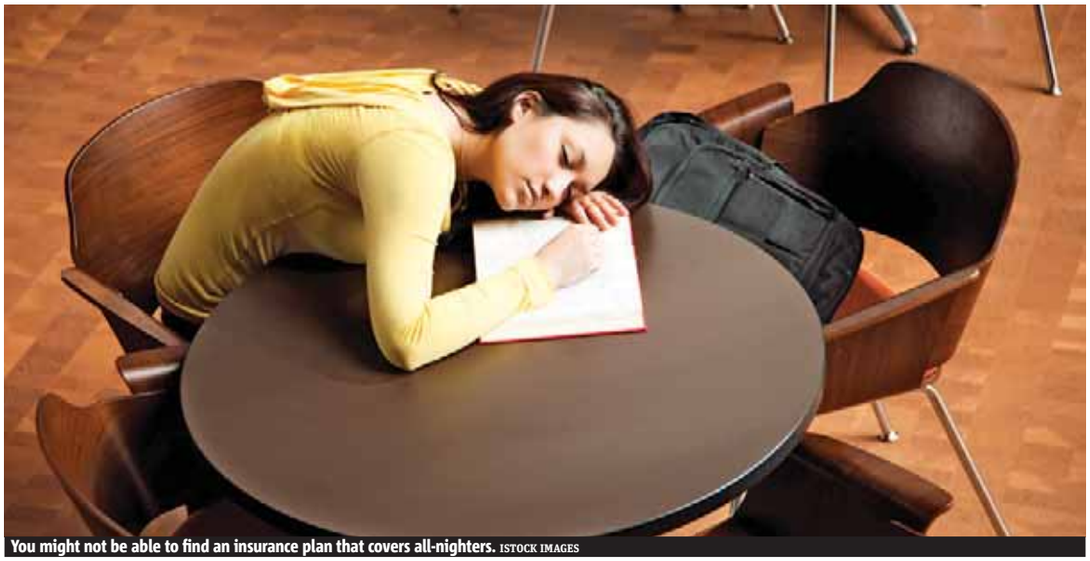
Insurance — a back-to-school essential

YOUR MONEY
Alison Griffiths
money@metronews.ca



You might not be able to find an insurance plan that covers all-nighters. ISTOCK IMAGES

No sooner had my youngest daughter headed off to university than some wretch stole her backpack. Gone was a cellphone, keys to her dorm room and an expensive hearing aid.

Fortunately, because she was in residence, our policy covered everything after a $500 deductible.

Insurance isn't something that's on most back-to-school lists, but it should be. Theft, especially of expensive electronic devices, is common on campuses. In April, for example, Simon Fraser University in Burnaby, B.C., issued a warning that campus thefts had doubled over the previous year.

It's important to know if the household policy covers loss, damage or theft of the student's possessions and to what degree. For example, a student renting an apartment or room may need a separate tenant package whereas personal belongings in a residence could be covered.

In other cases, parents might need to pay a bit extra to extend coverage up to a certain limit as long as the student is living away from home.

Before sending an offspring to post secondary studies with a vehicle, shop around for insurance. "Some companies price occasional drivers much better than others," notes Anne Marie Thomas of InsuranceHotline.com.

And if a student is listed as a driver but won't be taking a car with them, Thomas suggests the parents ask the insurance company about a discount, "because the exposure to risk has been reduced since the student won't be driving as often."

Students should also be aware that insurance goes with the vehicle. If they lend the car and there is an accident, generally speaking the car owner's insurance, not the driver's, will take care of the claim.

Make sure kids fully understand their responsibilities, especially if drugs or alcohol are involved in a crash.

Or simply forbid them from lending (unless they need a designated driver) and pray they pay attention.

Thomas urges parents not to forget about liability.

"If the child is sued while in a dorm or a shared apartment, don't make the assumption that the parent's liability will be extended."

Everyone hates paying for insurance — until it's needed.

Make sure students are covered to eliminate at least one parental worry.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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People who shop for quotes online get more than one quote to consider and compare. Simply enter your information one time, and get unbiased quotes returned to you to peruse at your leisure. It's the easiest way to shop for insurance.

The Savings Could Be Big

Many people think that the rate differences can't really be that much, and that there is no point wasting time shopping around. The truth is that rates between insurance companies can vary greatly. You could actually save hundreds of dollars every year by shopping around.

Anyone Can Save

Don't think that just because you have a ticket or an accident on your record you have no hope of getting a great rate. Especially if you are facing rate hikes due to a ticket or accident, you should get some comparison quotes to see if there's a better rate for you.

Every insurance company looks at tickets and accidents differently; some won't charge you as much for that ticket, so take the time to shop around.

How Often Should You Compare Rates?

You can check rates as often as you like, but once a year is a good habit to get into. Most people choose to shop around on renewal to make a smooth transition, but there is no real reason to wait. You can shop around any time.

It's especially important to shop around when you have a ticket or an accident coming off your record. You could qualify for much better rates with your driving record clean, and you will find a lot of companies ready to offer you a great deal. Buying a new car or moving are also good times to do some rate comparisons; these changes could mean increases on your current policy that you could avoid by shopping around.

"It's a good price, and it's very easy to do it." – Jose, InsuranceHotline.com customer

Shopping around is easy, can save you a lot of money, and doesn't take a lot of time. If you aren't sure you have the best rate available, a quick rate comparison can give you peace of mind – or help you to find that great rate.

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The Toronto International Film Festival runs from Sept. 5 to 15. GETTY IMAGES

Between the parties and the popcorn, there's work to be done

Lights, camera, agency. This PR team is going to show both the movie stars and the media a reel good time

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: Esther Garnick PR Agency

What: Toronto boutique PR agency

Where: 73 Bathurst Street, Toronto

Why: "It can be a very demanding gig. Staying grounded isn't my issue since PR isn't what MTV's The Hills made it out to be at all. It is not a red carpet and champagne life most of the time."

As the city waits with bated breath for celebrities and international media to descend for the Toronto International Film Festival (TIFF) we thought we'd highlight the amazing businesses that are working behind the scenes (or in plain sight) to keep festival attendees and Hollywood's beautiful people happy. This week meet Esther Garnick, owner of a boutique public relations agency in Toronto.

Esther Garnick PR Agency (EGPR), run by Garnick, joined the city's competitive communications industry a little more than three years ago. But the agency became a story all on its own after organizing a no-celeb gifting lounge called The Essentials Lounge — meaning no Brad Pitts or Jennifer Lawrences allowed. The gifting lounge specifically created for media pampers overworked journalists, photographers and bloggers covering the festival.

The event is just one of the high-profile to-dos EGPR has been organizing since the "accidental" business started when Garnick needed more help organizing her freelance contracts.

E-laborate

• Go metronews.ca/voices/mom-and-pop-shops/ to see more behind-the-scenes from TIFF's glamorous events.

"I was a freelance PR gun-for-hire for a few years before eventually finding myself with the incredibly fortunate problem of taking on too much ... consistently. I had to bring in some support and it has grown organically since then, which I'm very grateful for."

Throughout TIFF, Garnick and her senior publicist Jessica Denomme will be just a few of the overworked media charged with keeping the city's beautiful people and high-profile events running smoothly.

"It can be a very demanding gig. Staying grounded isn't my issue since PR isn't what MTV's The Hills made it out to be at all," says Garnick. "It is not a red carpet and champagne life most of the time," she adds.

This year the madness that will envelop Toronto will be no different than in previous years ... but Garnick's prepared for it all. "A typical day during TIFF has evolved over the years. It used to be all TIFF, all day and night and then dawn — repeat. Now, it's even more of a balancing act," she says, with her and her team focusing on perfecting one event at a time.

"It's a very demanding and busy time, but also a very rewarding time because sometimes, as sick as it seems, I like to see how far I can go to see what I'm made of," she says.

"This occasionally results in tears, but usually after I've weathered the storm."

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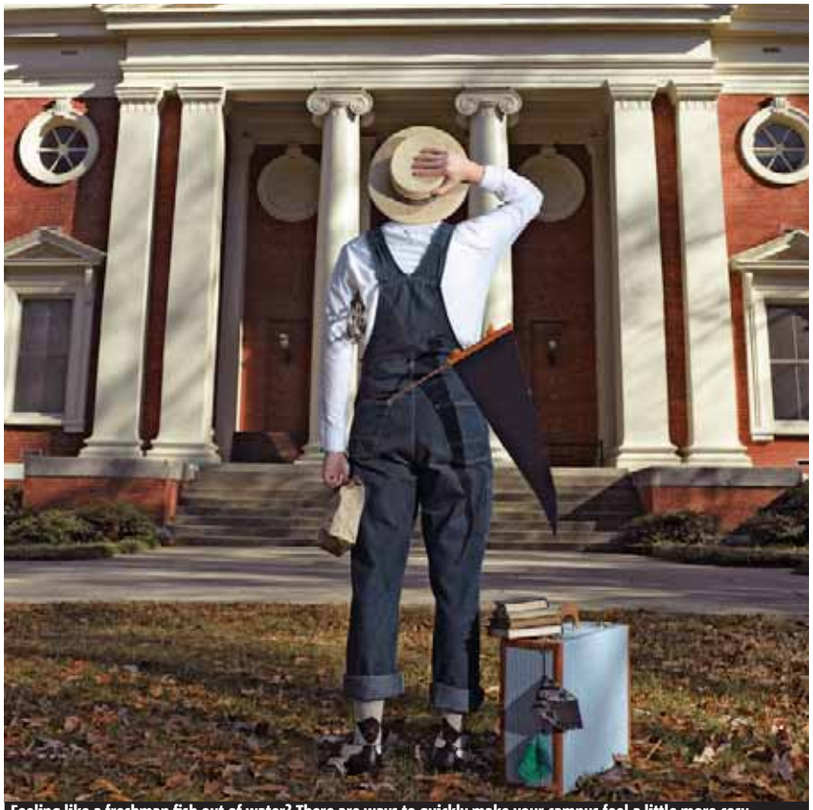

Feeling like a freshman fish out of water? There are ways to quickly make your campus feel a little more cosy.
ISTOCK

Brave the new world of books, buds and being on your own

Got the new-school spooks? Any first can bring on fear, but these tips can help the post-secondary pupil start with confidence

JULIA WEST
Metro World News

There's no getting away from it; the TV commercials are all pointing to one thing: It's back-to-school time.

Only this year is different because you're ditching that dusty high school to enter college. It'll be strange, emotional and definitely scary at first. With a little help from those who already learned the ropes, we found out what it takes to make it through your first year.

Meet new people

Each activity — orientation, dorm hall meetings and even class — can be an opportunity to chat up someone new. "Don't be afraid to branch out and meet new people. There is nothing that says you can only hang out with people from your high school," advises Mitch Verboncoeur, a senior resident adviser at Rollins College in Winter Park, Fla.

Matt Aiello, a resident adviser at Vermont Tech, suggests using dorm time as a way to interact with fellow newbies. "Keep your door open," he says. "Living in a residence hall can be scary, but simply leaving your door open lets your floor mates know that you are interested in meeting new people, and others will jump at the opportunity to talk to someone new."

Come on in!

"Living in a residence hall can be scary, but simply leaving your door open lets your floor mates know that you are interested in meeting new people"
Matt Aiello
Resident adviser at Vermont Tech

Participate in class

Education is the bulk of the reason you're in college, so soak it up. "Be vocal in class and don't be afraid to speak your mind," Aiello says. "You're in college now, you are allowed to disagree. After all, you're paying for your education and only you can ensure that you get the most for your money.

"Sitting in the back of the room quietly taking notes might get you through the course, but your education is in your hands now. Make something of it."

Wait to hit the books

College is pricey; cut costs where you can. It's risky, but Aiello suggests not buying textbooks. "At least not right away," he says. "In my experience, many classes are listed as requiring a textbook, but some teachers give handouts with all of the information you will need, and some don't even teach to the text at all. Wait a week or so into the semester to test the waters in each of your classes to get an idea of if you will need the book or not.

"Who knows, you might just meet an upperclassman in that week that will sell you the book for a fraction of the price."

Embrace independence

Remember, mom and dad aren't here to harp on you, but they're also not here to lick your wounds.

- "Become your own problem solver," says Zachary Beaver, director of student engagement and leadership development at American International College in Springfield, Mass. "Stop calling mom and dad when something small happens. Learning to solve your own problems helps you gain independence."

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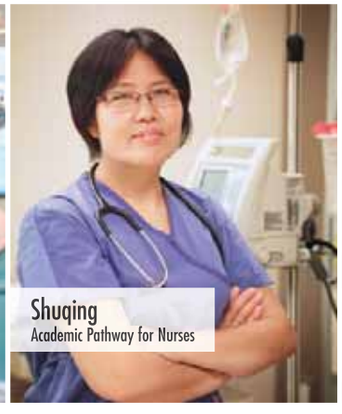

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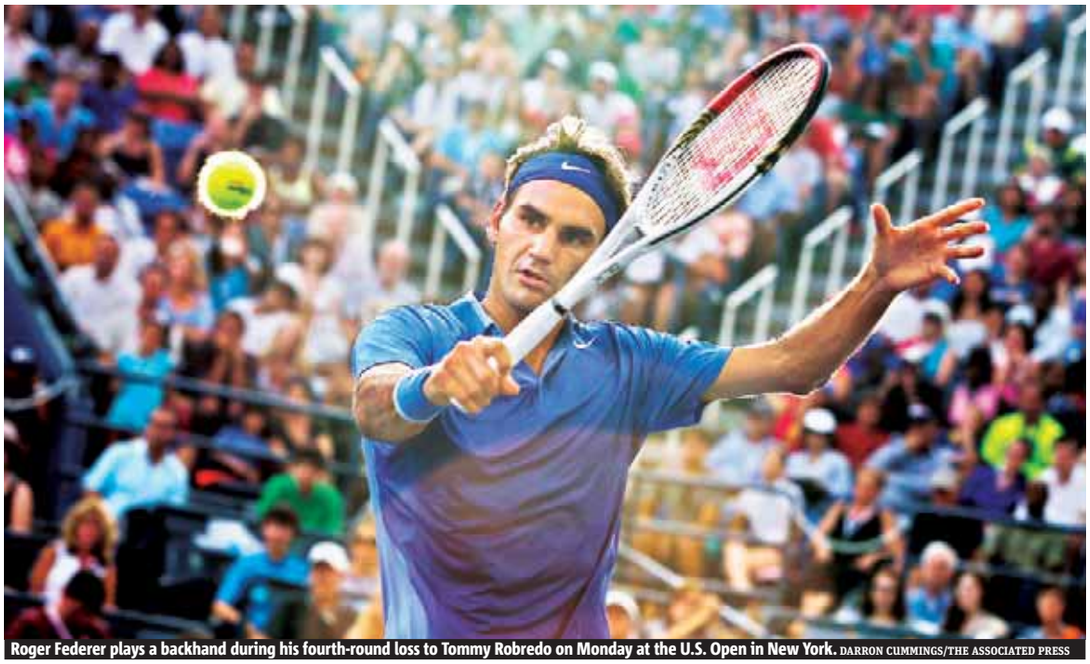

Roger Federer plays a backhand during his fourth-round loss to Tommy Robredo on Monday at the U.S. Open in New York. DARRON CUMMINGS/THE ASSOCIATED PRESS

Sun sets on Federer at another major

U.S. Open. 17-time Grand Slam winner stunned by Robredo at Flushing Meadows

Right from the start, Roger Federer looked very little like, well, the Roger Federer who routinely reached the final weekend at Grand Slam tournaments.

In the opening game of his fourth-round match at the U.S. Open, the owner of 17 major titles got passed at the net twice, sailed a backhand long, then missed two forehands to get broken. In the second game, the man who has spent more weeks ranked No. 1 than anyone else dumped a backhand into the net, then shanked two other backhands several feet wide.

No longer the dominant presence he once was, Federer lost in the round of 16 at Flushing Meadows for the first time in a decade, surprisingly beaten 7-6 (3), 6-3, 6-4 by 19th-seeded Tommy Robredo of Spain on Monday night.

0-for no more

0-10

Until Monday, Tommy Robredo was 0-10 against Roger Federer and had managed to win only three of the previous 27 sets they'd played.

"I kind of self-destructed, which is very disappointing," said Federer, who made 43 unforced errors and managed to convert only 2 of 16 break points. "It was a frustrating performance."

It's only the latest in a series. This caps a poor-by-his-standards Grand Slam season for Federer, whose record Grand Slam trophy collection includes five at the U.S. Open.

He exited in the semi-finals at the Australian Open in January, the quarter-finals at the French Open in early June and the second round of Wimbledon in late June.

THE ASSOCIATED PRESS

Go to metronews.ca for results from Milos Raonic's five-set marathon with Richard Gasquet.

MLB

Jays rally around Rogers in Arizona

Esmil Rogers needed a boost, so this outing came at a perfect time for the right-hander.

Rogers pitched 6 1-3 innings of one-hit ball to lead the Toronto Blue Jays to a 4-1 win against the Arizona Diamondbacks on Monday.

"I just try to do everything I can to be here," he said. "I'm going to get a couple of more opportunities to start and I have to get ready."

Rogers (4-7) struck out five and walked one in one of his best games of the season. It was his first victory since June 18 against Colorado. THE ASSOCIATED PRESS

Soccer

Bale gets hero's welcome in Spain

Accustomed to seeing some of the world's top players join their ranks, tens of thousands of Real Madrid fans turned out at the Santiago Bernabeu stadium on Monday to catch the first glimpse of Gareth Bale, the latest "galactico" to join the Spanish giants.

Gareth Bale
GETTY IMAGES

The 24-year-old midfielder was introduced by president Florentino Perez amid enthusiastic chants from the supporters.

"It is a great dream for me to play for Real Madrid," Bale said in Spanish. A person familiar with the deal said on Sunday that the fee for Bale was a world-record $132 million US.

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Key injuries in the East set up battle of backup QBs

CFL. Ray out, Collaros in for Argos; Calvillo out, Marsh in for Als

Under normal circumstances, it would be an East Division showdown between two veteran quarterbacks who've won multiple Grey Cups and compiled Hall of Fame credentials.

But with Anthony Calvillo and Ricky Ray both ailing, it will be backups Tanner Marsh and Zach Collaros in the spotlight Tuesday night when the Montreal Alouettes visit the Toronto Argonauts at Rogers Centre to kick off an important home-and-home series.

Zach Collaros will start under centre for the Argos on Tuesday. DAVID COOPER/TORSTAR NEWS SERVICE

Between them, Ray and Calvillo have combined to throw for more than 120,000 yards and more than 600 TDs while winning three Grey Cup crowns apiece. But Ray is out approximately six weeks with a shoulder injury while Calvillo is recovering from a concussion.

That means Marsh, 24, will make his first CFL start for Montreal (3-5) while Collaros, a 25-year-old sophomore, will start just his second game for Toronto (5-3).

"That's been the trend in the CFL this year; there's been a lot of teams that have had to face that adversity," said Jim Popp, Montreal's GM and interim head coach. "There's been a lot of injuries in our league this year ... it's going to happen at times and when it does you have to throw them in there and go at it.

"It's not just the quarterbacks, it's the attitude your team has when they go on the field and have to play with them." THE CANADIAN PRESS

Stamps' win comes at a Price

Rennie Curran of the Eskimos pursues Stampeders receiver Maurice Price in Calgary on Monday. Price scored three touchdowns and the Stampeders (7-2) held on for a 37-34 win despite losing quarterback Kevin Glenn to a leg injury. The loss was the Eskimos' (1-8) seventh in a row. JEFF MCINTOSH/THE CANADIAN PRESS

NFL

Possibly Buffalo's biggest Bill-iever

Self-confidence won't be an issue for Bills receiver Stevie Johnson in preparing to open the season Sunday against Buffalo's longtime nemesis, the New England Patriots.

The ever-colourful Johnson on Monday offered one good reason why he believes the Bills can compete against an AFC East rival they've beaten only twice in their previous 24 meetings.

"I feel like because I'm here," Johnson said, breaking into a smile.

Not stopping there, the Bills' leading receiver then proceeded to provide the Patriots' defence additional bulletin-board material.

"I don't think they've got nobody to stop me for real," Johnson said. "And I think we've got guys in the receiver room that's as good as I am ... if not better. I don't know. I've just got that confidence in my teammates and in myself." THE ASSOCIATED PRESS

HELPING KIDS COPE WITH TRAUMA OF WAR

DEVELOPMENT AND PEACE IS BRINGING AID TO WAR-TORN SYRIA

It is not uncommon to see children playing war games on the streets of Reyhanli, Turkey. This small city has become a refuge for thousands of Syrians who have fled the civil war in their country. They may have left behind the violence, but, clearly, the memories linger — especially for children.

"Children are supposed to know about school and TV. About eating sweets and playing with friends. But instead they learn the sounds of war," says Mohammed, a father of two who left Syria to shield his children from further exposure to the ongoing violence in their country.

Development and Peace is working with local organizations in Turkey, Jordan, Lebanon and Syria to bring aid to the millions affected by the crisis in Syria, including an estimated one million children who are now refugees.

In addition to the distribution of food, medical aid and other necessities, Development and Peace is supporting counselling for children to help them cope with the trauma of war.

"These children have lost their parents, their friends, their dreams, their innocence. We can't let them lose hope on life as well," says Michael Casey, executive director of Development and Peace.

"We are asking Canadians to show their solidarity by contributing to our appeal. Our partners are doing valuable work to respond to the ever-growing needs in the region and need our support."

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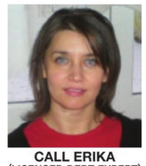

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Horoscopes

♈ Aries
March 21 - April 20
Don't feel unworthy if you receive something you did not expect. It has come your way so you deserve it, even if you don't know why. The planets respond to good and bad deeds.

♉ Taurus
April 21 - May 21
Something you have to do may be boring but stick with it because you will soon be doing something more interesting. What you don't need is that nagging feeling that there are jobs that still need doing.

♊ Gemini
May 22 - June 21
Given enough time most situations resolve themselves, so don't get worked up about something that is really of only minor importance. If someone has hurt you, remember this: living well is the best revenge.

♋ Cancer
June 22 - July 23
You seem to have forgotten what it is like to make decisions for yourself but that will change over the next few days. You must take the initiative. Your success depends on it.

♌ Leo
July 24 - Aug. 23
You may not want to listen to someone who seems to just moan about how unfair life is but this time it seems they have something worth complaining about. Help them.

♍ Virgo
Aug. 24 - Sept. 23
It is essential that you adopt a positive attitude. The approaching new moon in your sign will bring new opportunities your way but to take advantage, your mind must not be stuck in reverse.

♎ Libra
Sept. 24 - Oct. 23
It may seem as if you are moving in the opposite direction as everyone else but that does not matter. The fact that you are moving at all is what counts. Others will admire your vitality.

♏ Scorpio
Oct. 24 - Nov. 22
There seem to be a lot of rumours flying around. Should you take them seriously? With Neptune strong in your chart, you can probably afford to ignore them altogether.

♐ Sagittarius
Nov. 23 - Dec. 21
Check your facts today then check them a second because it will be easy to overlook small but vital details. Don't be lazy or complacent. You cannot afford to take anything for granted.

♑ Capricorn
Dec. 22 - Jan. 20
You will be on the move quite a bit over the next two or three days but don't forget that your energy is limited. Do only those things, and go to only those places, that bring you closer to your long-term goals.

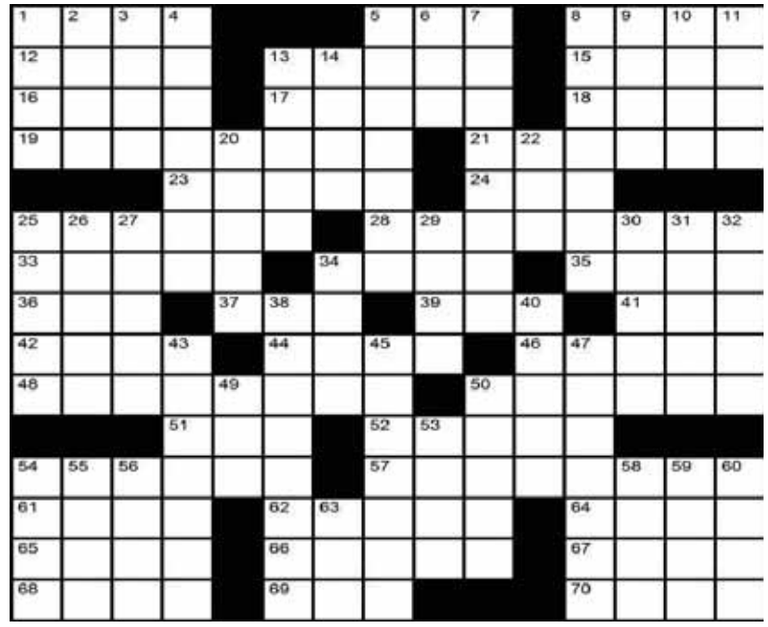
♒ Aquarius
Jan. 21 - Feb. 19
It may be true that someone is trying to undermine your authority but is it important enough to get annoyed about? Probably not. A few short days from now, your current worries will seem like a lifetime away.

♓ Pisces
Feb. 20 - March 20
It appears you feel guilty about something should have done, but did not; or something you did but should have avoided. Focus on more important issues. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



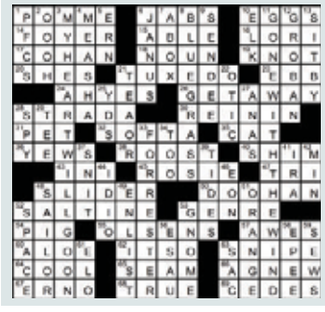
Across

1. __ to School
5. From A __ __ (Step-by-step)
8. Poker token
12. Wings: Latin
13. __ diving
15. __-call (Automated phone message)
16. Fall mo.
17. Trompe _'__ (Visual illusion)
18. Fashion designer Mr. Saint Laurent
19. Instructors
21. Canadian glue company since 1876
23. Shaped with an axe
24. Soak flax
25. Some Internet ads
28. "The Beachcombers" main character, Nick __
33. Spew fire
34. Newbie, variantly
35. Vampire's vestment
36. Geog. coordinate
37. Expert
39. Lettered band of "Unbelievable" fame
41. Tree in Hawaii
42. Beyonce's "Cadillac Records" role
44. Hawk's lofty nest [var. sp.]
46. Whitney Houston song: "Greatest Love __ __"
48. __ set (Compass, ruler, triangle, etc. kit)
50. Canadian notebooks brand
51. Work of what?
52. Jagged
54. 3-ring __
57. Great states of joy
61. Early Ron Howard TV role
62. "Steady __ __ goes!"
64. "The Flintstones in __ Rock Vegas" (2000)
65. Singer Erykah
66. Ominously comes into view
67. Superb spot
68. John Keats specialties
69. Mr. Chaney of movies
70. "You __ Me" by Sam Cooke

Down

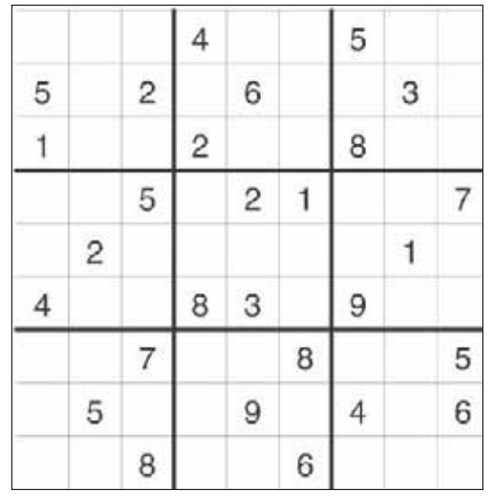
1. Rope fibre
2. Away from the wind, at sea
3. Bullfighter's cloak
4. Potato chips flavour
5. Labour Day follower
6. Stylish sash
7. Quickstep-doing place
8. British style of crossword
9. Jay Z hit tune from 2001: "Izzo (_._._._)"
10. "_ __ of you, don't say goodbye..." - Neil Sedaka
11. Put forward, as an idea
13. Bunches
14. Centre
20. Prefix meaning 'Seven'
22. Poetic nightfall
25. Ship co-owner in Moby-Dick, Captain __
26. Give a stately speech
27. __ __ work (Get labouring)
29. Squirrel's nest
30. Capital of Senegal
31. Olympian, __ Anton Ohno
32. Mattress manufacturer
34. Golfer, when at the golf peg, say
38. Britain-born Canadian actress Kim
40. Impose upon
43. Milos Forman won the 'Best Director' Oscar for what 1984 film?
45. University in Toronto
47. Rivers: French
49. Poetically before
50. Wishes
53. Mr. Emanuel (Mayor of Chicago)
54. Peter Sellers comedy, "The __" (1967)
55. Big name in tablets
56. Brood of pheasants
58. BTO song: "Let It __"
59. Level
60. Belinda Carlisle hit: "Circle in the __"
63. The __ (Sault Ste. Marie's nickname)

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

2	8	4	1	9	6	3	5	7
3	1	5	8	7	4	9	2	6
6	7	9	2	5	3	4	8	1
8	2	6	3	1	7	5	9	4
1	9	3	5	4	8	6	7	2
4	5	7	9	6	2	8	1	3
7	4	1	6	8	9	2	3	5
9	6	2	7	3	5	1	4	8
5	3	8	4	2	1	7	6	9

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